

# WISDOM HEALING (Zhineng)<sup>TM</sup> QIGONG

## Waiver and Release Form

Thank you for your interest in this *Wisdom Healing (Zhineng)<sup>TM</sup> Qigong (WHQ)* program. Qigong movements are gentle and free-flowing. Depending on your current state of health, and to reduce the risk of injury, you may wish to consult your healthcare practitioner before beginning this or any exercise program.

**For your wellbeing, follow these suggested guidelines during practice:**

- Listen to and follow instructions carefully.
- Breathe naturally and continuously as you move.
- Perform only movements that are comfortable for you.
- Move gently, respecting your body's abilities and limitations.
- Awareness is fundamental:
  - It is your responsibility to monitor what is appropriate for you.
- In qigong, visualization of movements can be as effective as performing the movements.

### WAIVER and RELEASE

The instructions given and the suggestions made during this program are not intended as a substitute for medical counseling or treatment. For consideration of acceptance as a participant in this *Wisdom Healing (Zhineng)<sup>TM</sup> Qigong* program, I, the undersigned participant, do hereby agree to release and to hold harmless *MIntong Gu, The Chi Center* or any of their assistants and agents, from any injury, accident or claims sustained by me which may arise out of or in connection with this program participation. I hereby waive and release any right to claim liability or recover damages. I hereby bind my heirs, executors, and assigns to this waiver and release.

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date(s) \_\_\_\_\_

Program Title \_\_\_\_\_

Home Address \_\_\_\_\_

Main Telephone \_\_\_\_\_

Email (print) \_\_\_\_\_

Prof/Vocation \_\_\_\_\_

Interest in WHQ \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

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