



Upon reading, I agree to the Anchor Wellness Pietra and Mentoring release of liability shown by my signature on the digital copy found on Anchor Wellness website, button to the right. Or, I'll be signing a hard copy in person.

THE PIETRA FITNESS POSITION ON YOGA

- Pietra Fitness respects people of all faiths. While we recognize and point out specific theological differences, we also firmly believe that all people are greatly loved by God.
- Pietra Fitness is not “Christian yoga” or ‘Catholic Yoga” and should never be described as such because the term ‘yoga’ describes an integrated whole of philosophies, spirituality, and physical practices based in Hinduism.
- Pietra Fitness respectfully asserts that yoga cannot and should not be separated from its Hindu roots, therefore the practice of yoga cannot be part of a specifically Christian exercise program.
- Pietra Fitness believes that beneficial stretching and strengthening exercises can be separated from yoga (in some cases slightly modified, and in all cases re-named) and redeemed in Christ for use in a Christian exercise program.
- Pietra Fitness believes that one cannot regularly practice yoga without some spiritual effect; therefore we recommend that Christians stop the practice of yoga (including classes, DVDs, and phone apps, etc.) and seek alternatives consistent with Christian philosophy and spirituality.
- The practice of yoga is inconsistent with Christian faith and beliefs. Be informed. Visit www.pietrafitness.com to learn more.
- That I am participating in a Pietra Fitness class offered by instructor, Robin Betz, at her home, at 2206 West St. Thomas More way or another location.
- I recognize that this exercise may require some physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Pietra Fitness class. I represent and warrant that I am physically fit, and I have no medical condition which would prevent my full participation in the class.
- If pregnant or become pregnant I'll receive clearance from my doctor and share any new restrictions.

- I understand that the level of my participation in this exercise program and which exercises I perform must be determined by me, in consultation with my physician, and that the instructor cannot fully monitor the extent of my participation. In consideration of being permitted to

participate in the class, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which might incur as a result of participating in the class.

- In further consideration of being permitted to participate in a Pietra Fitness class, I hereby release, indemnify, and hold harmless Pietra Fitness, LLC, Karen Barbieri, Anchor Wellness LLC, Robin Betz, and the facility/owners of the facility where class is held. I knowingly, voluntarily and expressly waive any claim I may have against Pietra Fitness, LLC, Karen Barbieri, Anchor Wellness LLC, Robin Betz, and the facility/owners of the facility where class is held for any injury or damages that I may sustain as a result of participating in the program.
- I, my heirs, or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. I have read and understand Pietra Fitness's position on yoga, even if it differs from my own.

Anchor Wellness Mentoring Agreement

This agreement, between Robin Betz Anchor Wellness LLC and the above-named client.

There is no fee for the initial meeting and the investment for the ensuing meetings depend on the package you purchase: \$100.00 for - 3 - 55 min session, \$45.00 for - a single session, \$30.00 for - 30 min boost. If you need to cancel an appointment, please provide as much time as possible. Currently, I do not charge for needing to cancel.

Services

Anchor Wellness Mentoring sessions are face-to-face, Zoom or telephone coaching. Mentoring may address specific personal struggles, boundary and time management needs, home management, meal planning and general conditions in the client's life. Other areas may include, brainstorming, identifying plans of action, examining modes of operation in life, asking clarifying questions, and making empowering requests or suggestions for action to live in one's personal values. Each session will begin and end in prayer, with action steps to follow, often using a thought-provoking graphic created by Anchor Wellness or other resources to promote processing and personal accountability.

Throughout the working relationship, the mentor will engage in direct and personal conversations. In the mentoring relationship, the mentor plays the role of a facilitator of change, but it is the client's responsibility to enact or bring about the change.

If the client believes our time is not working as desired, the client will communicate this as soon as possible to address the client's desired outcome of our time.

I, Robin Betz, am not a registered psychologist or psychiatrist, nor a licensed therapist or certified coach. I do not engage in therapy with my clients. In entering this mentoring relationship, and signing the

agreement, you are agreeing that if any mental health difficulties arise during our working mentoring relationship, you will obtain professional help if possible. I encourage you to notify me immediately so that I can further encourage you and discuss with you an appropriate referral and or obtain the support you need from a professional.

Confidentiality

All information about the mentor/client relationship will remain strictly confidential except in rare circumstances where decreed by law, i.e.. where the court might issue a subpoena for the file or information.

If you wish for me as your mentor to speak to someone outside our interactions, you need to give me written permission (original letter, fax, or email) to do so. Exceptions to confidentiality of course relate to circumstances such as intent to seriously harm someone, child abuse, thoughts of suicide etc.

It is also important to note that in some situations, it is important to be aware of the use of technology in that for some clients, there is a risk in using certain media such as the internet, mobile phones and cordless phones. If you use these to communicate with me, then I will assume that it is appropriate to continue to do so in my interactions with you.

Release of Liability

Anchor Wellness Mentoring is a service that provides personal mentoring to specific individuals. The client is aware that our time together is not a substitute for psychological counseling or any other type of therapy.

Client requesting such advice agrees not to hold Robin Betz Anchor Wellness LLC responsible or liable in any form or fashion, for such actions taken of their own accord.

You (the client) agree that using any of these mentoring services are entirely at your own risk. Any actions or lack of actions, taken by the client from our Mentoring sessions is solely by choice and responsibility of the client and is neither the responsibility nor liability of Robin Betz Anchor Wellness LLC. The client takes full responsibility in the decisions they make after meeting as well as the consequences. Periodically I, Robin Betz Anchor Wellness LLC, may provide links to other web sites or written print material which may be of value, interest, and convenience to you. This does not constitute endorsement of material at those sites or any associated organization product of service. It is the responsibility of the user to make their own informed decision about the accuracy of the information at those sites and print material including their privacy policies. In no event shall Robin Betz Anchor Wellness LLC be liable for any incident or consequential damages resulting from use of the material.

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