



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](http://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.