

**Dawn Robinson, LCSW, SEP**  
*Licensed Clinical Social Worker*

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**Non-Clinical Yoga/Meditation Release**

Name \_\_\_\_\_ DOB: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

I hereby agree to the following:

1. I am voluntarily participating in Yoga/Meditation sessions/classes offered by Dawn Robinson, LCSW, PLLC and I am fully aware of the risks involved.
2. I understand that it is my responsibility to consult with my physician prior to and regarding my participation in Yoga/Meditation sessions/classes. I will inform my instructor of any medical conditions, injuries, or pregnancy prior to class.
3. I release Dawn Robinson LCSW, PLLC from liability resulting from any injury or discomfort from my participation. If needed I will ask for assistance if I become uncomfortable or overwhelmed during session/class.

Signature \_\_\_\_\_ Date \_\_\_\_\_