



WEST SUBURBAN WOMEN'S HEALTH

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Laura Wilson, APN

Patient Name: _____

Date of Birth _____

We are excited to offer you the opportunity to participate in our gentle yoga class. Yoga is a wonderful way to support your physical, emotional, and mental well-being during pregnancy and throughout all phases of life.

Before you can begin participating in our gentle yoga class, we need your consent. Please read the following information carefully and sign below to indicate that you understand and agree to the terms of participation.

Risks and Benefits

Gentle yoga can provide many benefits, including reduced stress, improved flexibility and strength, and better sleep. However, as with any physical activity, there are also risks involved. These risks may include muscle strains, falls, and other injuries. Additionally, some poses may not be suitable for all pregnant women. By participating in our prenatal yoga class, you acknowledge and accept these risks.

Consent to Participate and Release of Liability

By signing below, you give your consent to participate in our yoga class. You acknowledge that you have read and understand the risks and benefits of yoga. You also release West Suburban Women's Health and its instructors from any and all liability for injuries or other damages that you may incur while participating in the prenatal yoga class.

Please sign below to indicate your agreement to these terms.

Patient Signature: _____

Date: _____