

Feldenkrais® practitioners Jane Williams & Katarina Halm continue teaching John Pepper's Conscious Walking for Parkinson's

Waiver Agreement

For participants in Feldenkrais® classes and related activities with Thinking in Movement Studio

- I understand that Feldenkrais® is *not* a medical treatment, but movement explorations designed to help me find easier ways to do familiar activities.
- I give permission to the Feldenkrais® teacher to lead me through movement sequences that comprise the Feldenkrais Method®.
- I consent to personal contact between the teacher and me, insofar as appropriate to help me adjust my comfort or otherwise correct my position for optimal benefit from the class.
- I understand and agree that I am responsible for my own well-being while doing Feldenkrais®.
- I will follow the directions of the Feldenkrais® teaching staff: to do *small movements* in a *deliberate fashion*. If I begin to experience any discomfort, I will do still *smaller* movements, even more *slowly*. If even the smallest movement is uncomfortable, I will only *imagine* doing the movement, instead of actually doing it.
- I further agree that any photographs of me engaging in activities at the Feldenkrais® events may be used to publicize the Feldenkrais Method®.

Elements from Feldenkrais Awareness Through Movement® lessons support the learning process. Included will be a practice plan for everyone.

John Pepper's Conscious Walking for Parkinson's lessons will be useful for those with PD and related neurological conditions, their families, caregivers,

physicians, physical therapists, anyone interested in working with neurological approaches to balance and walking.

Date: _____

signature of Participant _____

print name _____

address _____

email _____

telephone _____

your notes / requests _____

Please attach additional pages if you wish to.