

**Release of Responsibility  
For the  
Mindfulness-Based Stress Reduction Workshop  
Through Knowledge of Self©**

**Mike Healy, (Instructor) and the Mindful Living Center, LLC**

I acknowledge that my participation in Mindfulness-Based Stress Reduction workshop sessions or classes includes skill training in awareness, concentration, relaxation and meditation methods as well as gentle stretching (yoga) activities. I understand that if for any reason I am unable to, or think it unwise to engage in these techniques and activities either during the training sessions or at home, I am under no obligation to engage in these methods or activities nor will I hold the instructor, owner, or the training organizer liable for any injury or side effects of this program.

I release the instructor, owner, and the training organizer from any and all liability, claims, rights, and demands and causes of action of whatever kind, arising from any personal injury, side effect, or property loss I may sustain as a result of this program or its activities. The participant will take full responsibility for her or himself during the training.

Additionally, I understand that I am expected to participate in each of the sessions whether delivered in-person or via weekly e-Mail and with phone conversations sessions and to practice the home assignments for 40-60 minutes per day during the duration of the workshop.

I have read and understand the contents of this form.

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Signature of Participant and Date

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Please Print Name

Please email/scan or mail your completed information Mike Healy at [mfhealy@bellsouth.net](mailto:mfhealy@bellsouth.net) or mail to Mindful Living Center, 235 McDuffie Dr., Athens, GA 30605

If you have any questions about the program prior to its beginning, please contact Mike Healy at [mfhealy@bellsouth.net](mailto:mfhealy@bellsouth.net) or 706-543-0162

Looking forward to meeting you.

Mike Healy [www.MindfuLiving.org](http://www.MindfuLiving.org)

235 McDuffie Drive, Athens, GA 30605