

Chair yoga, chair Tai Chi and meditation with the theme of .... by William DeGrauw at Trinity Health and Wellness, LLC.

Thumbnail photo from Will's journey as an estate gardener.

## **AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR WILLIAM DEGRAUW, YOGA TEACHER AND TAI CHI INSTRUCTOR**

I and or my legal guardian acknowledge that William DeGrauw, Yoga Teacher and Tai Chi Instructor, who I and or my legal guardian will be working with has informed me that Yoga and Tai Chi is not a medical procedure. As such, William DeGrauw, Yoga Teacher and Tai Chi Instructor, will not be providing a diagnosis or treatment of any medical problems or concerns that I and or my legal guardian may have.

I and or my legal guardian understand that Yoga and Tai Chi is a process of wellness integration intended to facilitate wholeness and self-awareness. I and or my legal guardian also understand that I and or my legal guardian am solely responsible for my health, safety, and well-being. In addition, I and or my legal guardian will not perform any activity or movement that I and or my legal guardian feel is likely to cause me to injure myself. I and or my legal guardian agree to hold William DeGrauw, Yoga Teacher and Tai Chi Instructor, harmless from any and all responsibility for any injury which I and or my legal guardian may sustain during or as a result of my Yoga or Tai Chi classes or private Yoga or Tai Chi sessions. I and or my legal guardian represent and warrant that I and or my legal guardian am in good physical health and do not suffer from any medical condition which would limit my participation in the classes offered by William DeGrauw, Yoga Teacher and Tai Chi Instructor.

I and or my legal guardian understand that it is my responsibility to consult with my physician/s and or healthcare providers prior to and regarding my participation in any Yoga or Tai Chi classes, programs, or workshops, AND especially IF I have a physical or emotional concerns that could be aggravated by exercise (i.e. back, neck, shoulder or knee problems, arthritis, autoimmune disease, asthma, chronic disease/disability, PTSD, and or trauma, THEN I and or my legal guardian will surely contact my physician/s and or healthcare providers prior to engaging in Yoga or Tai Chi.

I and or my legal guardian understand the risks associated with the activities offered by William DeGrauw, Yoga Teacher and Tai Chi Instructor, and I and or my legal guardian agree to follow all instructions so that I and or my legal guardian may safely participate in classes, workshops, or other activities. I and or my legal guardian hereby WAIVE AND RELEASE William DeGrauw, Yoga Teacher and Tai Chi Instructor, from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered at the facility, agency, association, location site, sponsoring organization, in-person or online. In taking part in the Yoga or Tai Chi classes, workshops, or other activities by William DeGrauw, Yoga Teacher and Tai Chi Instructor, I and or my legal guardian understand and acknowledge that I and or my legal guardian am fully responsible for any and all risks, injuries, or damages, known or unknown,

which might occur as a result of my participation in the classes, workshops, or other activities.

I and or my legal guardian have read the above **AGREEMENT OF RELEASE AND WAIVER OF LIABILITY** and fully understand its content. I and or my legal guardian am legally competent to voluntarily agree to the terms and conditions as stated above and commence to participate in these Yoga or Tai Chi classes accordingly and in agreement as above.

#### **WILLIAM DEGRAUW'S BIOGRAPHY:**

Will is a seasoned, clinical and administrative, rehabilitation professional with a theoretical orientation of health and wellness, empowerment, and positive psychology, collaborating in partnership with people living with disabilities and their families through their psychosocial adjustment to disability, trauma informed healing and nurturing, longitudinal recovery, career development, employment/volunteerism, rediscovering meaning and purpose in life.

Moreover, Will is a nationally Certified Rehabilitation Counselor, Certified Case Manager, and Certified Brain Injury Specialist serving people with disability and chronicity with complex medical and holistic challenges.

As a yoga teacher, Will has a specialty focus area teaching people with disabilities yoga, seniors, veterans, and people who are marginalized in society: chair, standing, mat poses, as well as meditation.

Will has completed a Tai Chi Teacher Training Program: Tai Chi in Rehabilitation of Orthopedic Conditions, Cardiovascular and Neurological Disorders, and is furthering his Tai Chi Certification in Yang Style, Short Form.