

Office Policy
Petra Mennell
YoManTra
PO Box 317, Hughsonville, NY 12537

Hello and Welcome!

Please note that Petra Mennell / YoManTra does NOT offer “healing” or “treatments” or “cures for medical conditions”. We do not provide psychological or medical services. We recommend that you see your physician for any medical needs that you have.

Waiver

I, _____, agree that my participation in any exercise or experiential practice at Petra Mennell’s YoManTra (including remote sessions e.g. via Zoom meeting) is voluntary.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in physical exercises, breathing exercises, meditation practices, or energy work.

I assume responsibility for all risks, injuries, and damages, which I might incur as a result of participating in a session.

I hereby release and hold harmless Petra Mennell and YoManTra from and against all liability and damages to myself or my property.

Date: _____

Print Name: _____

Signature: _____

Email: _____

Address: _____

Phone: _____