### Informed Consent Agreement

The risks, benefits and possible side effects of the Mindfulness Based Stress Reduction Program were explained to me in detail – through my reading of the website and/or in discussion with the Registrar or teacher of my course.

The course includes skill training in relaxation and mindfulness meditation methods as well as gentle stretching (yoga) exercises. I understand that if for any reason I am unable to, or think it unwise to engage in these techniques or exercises either during the weekly classes or at home, I am under no obligation to engage in these techniques nor will I hold Openground or AMAR Centre For Growth and Mindful Living liable for any injury incurred from these exercises or through my participation in the course.

Furthermore I understand I am expected to attend each of the 8 weekly sessions, the All-Day session and to practice home assignments for 30 – 60 minutes per day during the duration of the training program.

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Date Please print name

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Participant’s signature

 