



The goal of all programs at Rasayana is to create within your body and mind an optimum environment for healing to take place and to maximize your body's ability to heal itself using the principles of Ayurveda, Yoga, and Therapeutic Massage. Our mission is to empower and educate clients to create and take ownership of their own health, such that you are energized, joyful and present to the beauty and magic of life.

The National Institute of Health Office of Complementary and Alternative Medicine currently considers Ayurveda and Massage Therapy as forms of complementary and alternative medicine in the United States. In the states of Massachusetts and Colorado, Ayurveda is a non-licensed profession, but Massage Therapy is. By signing below, I acknowledge I am actively interested in learning about these approaches; their practices used to balance the physical body, mind, and senses; and their views of health and wellness; and recognize that Rasayana is not a primary care medical clinic. Its practitioners are not medical doctors and do not diagnose, treat, or prescribes remedies for diseases, disorders, or other pathological conditions. Furthermore, I understand any medication I am now taking or may take in the future is strictly based upon the directions of my prescribing physician, and only a licensed physician can advise a patient on medication dosages, or the choice to discontinue or resume medication.

Methods of treatment may include soft tissue and osseous manipulation, stretching, traction, thermal therapies, topical applications, herbal medicine, exercise recommendations, and diet & lifestyle counseling. I understand these therapies are all safe methods of treatment and potential risks include temporary nausea, bruising, burns, and soreness at the treatment site that may last a few days. I fully understand there is no implied or stated guarantee of success or effectiveness of a specific treatment or series of treatments. I understand that symptoms may recur or worsen temporarily within 24-48 hours of treatment, and this is a normal part of the healing process. I understand I can discuss risks & benefits further with my practitioner before signing if I so choose. However, I do not expect my practitioner to be able to anticipate and explain all possible risks and complications of treatment. I rely on the practitioner to exercise his or her judgment in my best interest during the course of treatment, based upon the facts then known.

I acknowledge that I have read and understand that Rasayana is a limited liability company, and agree to release and discharge Rasayana, LLC and Kris Quinones, LMT, AHC, CYT from claims or cause of action from personal injury or property damage. My signature is binding from this day forth.

Signature\_\_\_\_\_ Date\_\_\_\_\_