

## Disclaimer and Waiver

The content and information provided on this website is for educational and informational purposes only.

It should not be used as a substitute for the advice of an appropriately qualified and licensed practitioner or healthcare provider.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read on this site!

The opinions expressed here are not necessarily those of Claire Tonack, RMT or Generative Balance.

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Awareness is fundamental to all therapeutic exercises.  
All exercise programs involve a risk of injury.

By choosing to participate in these online Generative Balance classes,  
I voluntarily assume a certain risk of injury.

I do not have any physical conditions or disability  
that would limit my participation or preclude an exercise program.

By participating in classes with Claire Tonack I agree to treat my body with  
respect and compassion during all classes.

I agree to be guided from within and modify my practice to  
meet the needs of my body on any given day.

I will work in a way that ensures no harm or injury.  
I will ask for clarification when I don't understand something.