

**Ellie Dolgin**  
**Water Wheel Arts, LLC**  
**Certified Instructor**  
**MogaDao Institute**  
**Santa Fe, NM**

**Informed Consent for Qigong Instruction**

I, the undersigned, understand that a qigong class, whether online or in person, is not meant to diagnose, treat, or cure any illness or ailment and is not a substitute for medical or psychological diagnosis, attention or treatment. Ellie Dolgin, my instructor, recommends that I consult a physician prior to practicing qigong especially if I am pregnant or have any medical conditions, balance or other concerns. I agree to inform my instructor promptly if any postures become painful or feel precarious. Any information shared by Ellie Dolgin about qigong or possible emotional or organ system connections are based on the teachings of Zhen Dao and, even though they may include words about health or body systems, they are not equivalent to such systems from a western medical perspective and are by no means meant to serve as a replacement, diagnosis or treatment recommended from a medical doctor.

I realize that it is my responsibility to notify my instructor of any serious illness or injury or change of health status. I will not perform any movements to the extent of strain or pain or that exceeds my physical ability or mental state. I accept that neither my instructor, nor the venue, is liable for any injury or damages to person or property resulting from my participation in a class.

I agree to hold Ellie Dolgin harmless from any claim by my family, estate, or heirs now or in the future. I understand that these qigong practices do not attempt to give any medical diagnosis, treatment, or suggestion for medication or dietary recommendations in relation to any disease, pain, injury for any physical or mental condition. I acknowledge that there is no guarantee as to the outcome of my participation in these Qigong movements.

All audio and/or visual recording of teachings are prohibited. According to the founding principles of the MogaDao Institute these forms are to be transmitted directly from teacher to student. I agree to abide by these terms.

---

Signature of Participant

Print Name

Date

---

Parent or Guardian if Participant is a Minor

Print Name

Date