



Waiver and release of liability for YOU MATTER / ROBIN MATHEWS

I, _____ (print name), intending to be legally bound, do agree as follows: In consideration for the services rendered by Robin L Mathews in the establishment of a person physical fitness program for my benefit. I agree to waive any rights, claims or damages for injuries and/or accidents that may occur as a result of my participation in said fitness/yoga therapy program provided by Robin L Mathews.

I agree to disclose any physical limitation, disabilities, ailments, injuries, health conditions and or impairments that may affect my ability to participate in said fitness program.

I understand that Robin Mathews is instructing Yoga and not a medical doctor and that she will in fact be relying on my representations and disclosures regarding my health and physical condition.

I also do not hold Robin L Mathews liable for any personal injuries, bodily injuries and/ or property damage while participating in her fitness program.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Robin L Mathews.

Signed: _____

Printed Name: _____

Date: _____