

Liability Waiver

I hereby give permission for my participation in Matt Davis's yoga classes online through his website, MattDavisYoga.com. I further authorize, without my prior approval, the rendering of any emergency medical treatment that may become necessary due to my participation in yoga.

I take this on at my own risk and will be mindful not to push my body beyond its capabilities, whatever the instructor may say.

In consideration of the permission granted to me to participate in yoga classes, I do hereby agree, on my own behalf, to release (Matt Davis), his officials, administrators, employees, representative and volunteers, as well as the zoom call on which the class is held, from any and all actions, causes of action, damages, claims, or unknown, which are incurred by, arise from, or in any way relate to my participation in yoga classes.

I realize that I am participating in yoga classes at my own risk. My assent to this waiver is binding from this day forth. I have read this release and fully understand its terms. I execute the release voluntarily and with full knowledge of its significance and consequences.