



CLIFFORD LAW OFFICES

Clifford Law Offices CLE

“The Path to Lawyer Well Being”

February 21, 2019

The techniques and suggestions presented in this demonstration are not intended to substitute for proper medical advice. Consult your physician before beginning any new exercise program. Clifford Law Offices, P.C., assumes no responsibility for any injuries suffered while practicing these techniques. Clifford Law Offices, P.C., does not recommend yoga exercise for pregnant or nursing women or children under 16 years of age. If you are elderly or have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease, and so on, seek your physician’s advice before practicing.

By signing this waiver I acknowledge that all exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree to take responsibility for my own health and well-being in relation to this yoga demonstration.

I further agree to hold harmless Clifford Law Offices, P.C., from any injury suffered during this yoga demonstration.

I further agree to waive the right to a jury trial in case of a claimed cause of action and agree to binding arbitration to resolve any disputes that may arise from my participation in this demonstration.

Agreed:

Printed Name: _____

Signature: _____

Date: February 21, 2019