

FARMHOUSE YOGA: WAIVER AND RELEASE OF LIABILITY

I provide this Waiver and Release of Liability ("Release") to Farmhouse Yoga, an Ohio limited liability company ("Company").

Company offers, and I want to participate in, certain activities in connection with the practice of yoga (including, whether in-person or virtual, any of the following: observation or performance; physical or verbal instruction or adjustment; information, equipment, facilities, premises, or services intended to further the practice; events organized, operated, or sponsored by, or otherwise involving, Company) (collectively, the "Activities"). In consideration of Company allowing me to participate in the Activities at 37000 Center Ridge Road, North Ridgeville, Ohio 44039 (or any other location where the Activities occur) (the "Location"), I agree to the following:

ASSUMPTION OF RISK. I understand that the Activities may involve serious risks, including property damage, bodily injury, and death. I assume all risks associated with my participation in the Activities at the Location, whether arising out of the negligence of a Released Party (defined below) or any other individual at the Location. It is my responsibility to: inform Company of any condition that might affect my ability to participate in the Activities; understand my physical limitations and progress at my own pace when participating in the Activities; and stop participating in the Activities before I experience injury or illness. I understand that the Activities are not conducted or provided by medical professionals, and that I am responsible for consulting with a qualified medical professional before and about my participation in the Activities.

WAIVER AND RELEASE. I voluntarily release, discharge, waive, and relinquish all present and future actions, liabilities, and claims for injuries or damages that I incur against Company or its directors, officers, employees, agents, contractors, volunteers, or representatives (together, the "Released Parties"), to the extent arising out of or related to my participation in the Activities, my presence at the Location, or my reliance on information or materials obtained through the Activities, whether arising out of the negligence of a Released Party or any other individual at the Location. R

EPRESENTATIONS AND WARRANTIES. I represent and warrant that I am: physically and mentally able to participate in the Activities; competent and able to understand the nature and consequences of this Release; at least 18 years of age (or, if I am less than 18 years of age, that I caused this Release to be signed by my parent or legal guardian); not pregnant or postnatal (or, if I am or become pregnant or postnatal, that I am participating in the Activities with the approval of a qualified medical professional).

MEDICAL ATTENTION. If I experience injury or illness, I grant permission to Company and individuals at the Location to seek medical attention and authorize emergency medical treatment. I agree that no Released Party will be held liable for any injuries or damages in connection with such attention and treatment. I assume full financial responsibility for any such medical transportation and treatment.

COMPLIANCE WITH COMPANY RULES. I will abide by all rules and instructions provided by Company. I understand that Company has the sole discretion to remove me from the Activities and Location at any time and for any reason.

MISCELLANEOUS. I understand that, if any term of this Release is held invalid, illegal, or unenforceable, such invalidity, illegality, or unenforceability will not affect, invalidate, or render unenforceable any other term of this Release. I understand that this Release binds my estate, heirs, next of kin, executors, administrators, representatives, successors, and assigns. This Release is governed by and construed in accordance with the laws of the State of Ohio regardless of any conflict of laws principles.