



I, _____, the undersigned, understand that my participation in yoga, karate, self defense and all other classes or workshops ("Classes") taught by Yoshisu, LLC an Ohio limited liability company and dba Annex Yoga Studio, will involve participation in a variety of yoga poses, exertion and activity in a heated environment. By signing below, I hereby acknowledge and accept that my participation in classes may be strenuous and may expose me to a risk of physical or other injury. I understand that instructors and other participants may physically assist me in a variety of ways at any point during Classes, or might otherwise come in contact with me intentionally or accidentally. Classes may involve postures including but not limited to back bends, twists, headstands and handstands. I understand and accept that it is my responsibility to consult with a medical physician prior to participating in any Classes offered by Annex Yoga Studio. Instructors will provide verbal instruction and/or physical adjustments, but I agree to participate in Classes at my own personal pace, at my own risk, and I will immediately cease if I feel overly exerted, fatigued, strained or otherwise uncomfortable. If at any time I believe that an activity or posture is unsafe or otherwise inappropriate for me or if I feel unable to participate due to physical or medical condition, I will immediately discontinue my participation, even if I inform the instructor of a pre-existing injury or condition, only I am in a position to protect my own physical health and wellbeing.

By signing below, I acknowledge/agree to the terms contained in this document, and I represent that I am physically fit to participate in the Classes offered, and that I am fully aware and assume the risks of participating. I assume full responsibility for any and all injuries and/or damages, known and unknown, which I may incur as a result of my participation in Classes or other related activity. I understand that I alone am responsible for the safekeeping of my personal belongings as well as my physical wellbeing during Classes.

Therefore, to the fullest extent allowable by law, I hereby waive and release any and all claims actions, damages, and other liabilities arising from or connected to my participation in Classes and I further discharge and covenant not to sue, Yoshisu LLC, dba Annex Yoga Studio, its members, owners, managers, employees, agents, instructors, volunteers, participants and other students in the Classes, and the Cincinnati Athletic Club (which owns the building/premises where Classes are offered), its members, managers, employees, board members, agents and all other persons or entities acting on behalf of any of the aforementioned, from any and all damages, injuries, liability, claims of negligence and any other claims arising from or connected to my participation in Classes even if any resulting injury was caused in whole or part by the negligent acts or omissions of the aforementioned released parties. In addition, I agree to defend, indemnify, and hold harmless all of the aforementioned released parties from any and all damages, expenses, damages, liability, fees of any sort including but not limited to attorney's fees which may result from my own actions or omissions while participating in Classes or on the premises where Classes are offered. Even if any resulting injury was caused in whole or part by the negligent acts or omissions of the aforementioned released parties

I have had sufficient time to read this agreement and I understand the contents. I know that I may have an attorney review the terms. I know that if I disagree with any aspect of this agreement, I do not have to participate in Classes. By signing below, I agree to the terms of this agreement in its entirety. If any portion of this agreement is found to be void or otherwise unenforceable, the unaffected portions shall remain in full effect. This agreement is governed pursuant to the laws of the State of Ohio, without regard to choice of law or conflict of law provisions. I consent to the jurisdiction and venue of the Hamilton County of Ohio Courts regardless of my own domicile. The obligations assumed herein are deemed to be binding upon my heirs, legal representatives, successors and assigns.

Signature _____ Date _____ Printed Name _____

Email _____ Cell Phone _____ I authorize the use of my email and cell phone for purposes of receiving receipts and class information including but not limited to additions or cancelations.

Address _____ City _____ State _____ Zip _____

Emergency contact _____ phone _____ relationship (optional) _____