

By participating in this yoga class offered by Alexandra Dempsey, I hereby agree that:

1. I understand that there are inherent risks involved in the Programs, including the risk of serious physical injury and death and I fully assume all risks associated with the Programs, including: intensive physical activity and exertion, causation or aggravation of a physical injury or medical condition, lack of warnings or inadequate warnings: lack of instructions, inadequate instructions, or my failure to follow instructions: slipping from slippery surfaces such as mats or floors; equipment failure; and the like. I am fully aware of and accept the risks and hazards involved, and agree to assume full responsibility for any risks, conditions, injuries or damages, known or unknown, which I might incur or aggravate as a result of my participation in the programs.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Classes, Health Programs or Workshops, and to receive prior approval to participate. I represent and warrant that I am physically fit and I have no medical condition or injury, which would prevent my full participation in the Yoga Classes, Health Programs and Workshops.
3. I, for myself and my heirs, assigns, successors, executors, administrators, and legal representatives hereby release and agree that I will not sue Alexandra Dempsey, its Affiliates, Officers, Directors, Agents, Servants, and Employees or the landlord of any premises at which it may operate, for money damages for personal injury or property damage sustained by me during my use of presence in, and/or participation in the Programs.
4. I, for myself and my heirs, assigns, successors, executors, administrators, and legal representatives hereby agree I will defend, indemnify and hold harmless Alexandra Dempsey, its Affiliates, Officers, Directors, Agents, Servants and Employees or the landlord of any premises at which it may operate, from any and all claims, suits or demands by anyone arising from my use of, presence in, and/or participation in Programs.
5. I understand that it is my continuing responsibility to inform Alexandra Dempsey of any previous medical conditions, injuries or surgeries prior to my first class and at such other times as I acquire information as to same.
6. I also understand that I have no claim against Alexandra Dempsey the landlord of the premises (except for the monetary refund) by reason of their refusal to allow me to participate in the Programs.