



I have voluntarily chosen to participate in yoga classes offered by Spenga, a vendor of Lynfred Winery located in Roselle, Illinois. If I purchased class admission for other people, I represent that they have voluntarily chosen to participate in yoga classes offered by Spenga and that I and all participants I purchased admission for are over the age of 21 years.

I, and others that I have purchased class admission for (collectively referred to as "I" or "my"), understand that yoga involves physical movement and exertion and may include, but is not limited to, stretching, bending, and various yoga postures. I acknowledge that participating in yoga classes carries with it certain inherent risks, including the risk of physical injury. I hereby assume all risks associated with my participation in the yoga classes offered by Spenga including, but not limited to, the risk of physical injury.

I hereby waive, release, and discharge Spenga and Lynfred Winery from any and all claims, demands, damages, actions, or causes of action arising out of or in connection with my participation in yoga classes offered by Spenga. I understand that it is my responsibility to consult with a physician prior to participating in any yoga classes if I have any medical conditions, injuries, or concerns. I agree to inform the instructor of any such conditions or concerns before participating in any yoga class. I agree to abide by all rules and regulations of Spenga and to follow the instructions of the yoga instructor during classes. I have read this waiver and fully understand its terms. I voluntarily agree to its terms and agree that my payment for yoga class participation is in lieu of my signature.