

## **DHARMA GATES RETREAT LIABILITY WAIVER AND RELEASE**

**Organization:** Dharma Gates, Inc.

**Retreat Dates:** [Dates associated with retreat registration]

**Location:** [Location associated with retreat registration]

### **ASSUMPTION OF RISK AND RELEASE OF LIABILITY**

By confirming my agreement while registering for this retreat, I acknowledge that I am voluntarily participating in meditation retreat activities offered by Dharma Gates, Inc. ("Dharma Gates"). I understand and acknowledge the following:

#### **1. NATURE OF ACTIVITIES**

The retreat may include but is not limited to:

- Seated and walking meditation practices
- Mindfulness exercises and breathing techniques
- Yoga or gentle movement practices
- Group discussions and workshops
- Outdoor activities and nature walks
- Periods of silence and contemplation
- Simple meals and shared living arrangements

#### **2. ASSUMPTION OF RISK**

I understand that participation in meditation retreat activities involves inherent risks, including but not limited to:

- Physical discomfort from extended sitting or movement
- Emotional or psychological responses that may arise during meditation
- Injuries from walking, stretching, or other physical activities
- Allergic reactions to food or environmental factors
- Risks associated with the retreat location and facilities
- Potential exacerbation of pre-existing medical or mental health conditions

I voluntarily assume all risks associated with my participation, whether known or unknown, foreseen or unforeseen.

#### **3. RELEASE AND WAIVER**

In consideration for being permitted to participate in the retreat, I hereby RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE Dharma Gates, its directors, officers, employees, volunteers, instructors, and agents (collectively "Released Parties") from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me or my property while participating in retreat activities or while on the premises.

#### **4. INDEMNIFICATION**

I agree to INDEMNIFY and HOLD HARMLESS the Released Parties from any loss, liability, damage, or costs, including court costs and attorney fees, that may be incurred as a result of my participation in retreat activities.

#### **5. MEDICAL CONDITIONS AND HEALTH**

I represent that:

- I am in good physical and mental health and able to participate safely
- I have disclosed all relevant medical conditions, medications, and health concerns
- I will immediately notify staff of any health issues that arise during the retreat
- I understand that no medical care is provided on-site beyond basic first aid
- I am responsible for my own medical needs and emergency care

#### **6. RETREAT GUIDELINES AND CONDUCT**

I agree to:

- Follow all retreat rules, guidelines, and instructions from staff
- Respect the retreat environment and other participants

- Refrain from alcohol, drugs, and inappropriate conduct
- Maintain confidentiality regarding other participants' personal sharing
- Accept that I may be asked to leave if my behavior is disruptive

#### **7. PHOTOGRAPHY AND PRIVACY**

I understand that photos or recordings may be taken during the retreat and that I have provided my consent or non-consent as part of my registration submission.

#### **8. CANCELLATION AND REFUND POLICY**

I understand and accept the Dharma Gate's cancellation and refund policy as communicated separately.

#### **9. LEGAL PROVISIONS**

- This waiver shall be binding on my heirs, executors, administrators, and assigns
- If any portion is deemed invalid, the remainder shall remain enforceable
- This agreement is governed by the laws of **[State/Province of Retreat]**
- Any disputes shall be resolved in **[County/City, State of Retreat]** courts

#### **10. ACKNOWLEDGMENT**

I acknowledge that:

- I have read this entire waiver and understand its contents
- I am signing voluntarily and not under duress
- I understand this is a release of liability and waiver of legal rights
- I have been advised to consult with an attorney before signing
- No oral representations have been made to modify this agreement