

Retreat Participation Agreement & Liability Waiver

Please read carefully before signing

This Agreement is entered into between the participant named below ("Participant") and Life is Lived in the Pause / Buka Yoga LLC, led by Brooke Page-Thompson ("Host"). By registering for and participating in the Finding hOMe Retreat in Ubud, Bali (April 18-25, 2027), Participant agrees to the following terms.

1. Voluntary Participation

I understand that participation in this retreat, including all yoga sessions, meditation practices, guided excursions, water ceremonies, and optional activities, is entirely voluntary. I may choose not to participate in any activity at any time without penalty.

2. Physical & Medical Fitness

I represent and confirm that:

- I am in good physical health and know of no medical or psychological condition that would create a risk to myself or others during participation.
- I have consulted with a physician regarding any conditions that may affect my ability to participate safely.
- I will inform the Host prior to departure of any physical limitations, injuries, allergies, dietary restrictions, medications, or medical conditions that may affect my participation.
- I understand that yoga, meditation, hiking, and water-based activities carry inherent physical risks and I accept those risks knowingly.
- I understand that the Melukat water purification ceremony at Tirta Empul involves entering a natural spring and I accept any associated risks.

3. Yoga & Movement Classes

I understand that yoga and movement sessions are led by a qualified and experienced instructor. I acknowledge that:

- Yoga involves physical exertion and carries inherent risk of injury.
- I am responsible for practicing within my own limits and communicating any discomfort to the instructor.
- The Host and instructor are not liable for any injury that occurs during yoga sessions.
- Modifications will be offered for all levels and I am encouraged to use them.

4. Excursions & Off-Property Activities

I understand that off-property excursions, including visits to Tirta Empul, Pura Lempuyang, and the Tegallalang Rice Terraces, involve travel by vehicle, walking on uneven terrain, and exposure to outdoor conditions. I accept the inherent risks of these activities and agree that the Host is not liable for injury, illness, or loss during excursions.

5. Cultural Respect & Temple Etiquette

I agree to honor Balinese customs and cultural protocols throughout the retreat, including:

- Wearing a sarong and sash at all temples and sacred sites (provided on site).
- Following guidance from the Host and local guides regarding appropriate behavior at sacred locations.
- Menstruating participants: please be aware that Balinese Hindu tradition considers menstruation a time of spiritual sensitivity, and entry to certain inner temple areas may be respectfully declined. This is a cultural practice, not a restriction imposed by the Host. Outer areas of all temples remain open. The Host will discuss this sensitively and privately with participants as needed.
- Dressing modestly when visiting temples and local communities.
- Refraining from behavior that may be considered disrespectful to local traditions or other participants.

6. Travel Insurance Requirement

Travel insurance is required for participation in this retreat. I confirm that:

- I will obtain a travel insurance policy prior to my final payment (due April 1, 2027).
- My policy will include trip cancellation, emergency medical coverage (\$50,000 minimum), and emergency evacuation.
- I will provide proof of insurance to the Host upon request.
- I understand that the Host is not responsible for any losses not covered by my travel insurance.

7. Release of Liability

In consideration of being permitted to participate in this retreat, I hereby release, waive, discharge, and covenant not to sue Life is Lived in the Pause, Buka Yoga LLC, Brooke Page-Thompson, The Ark Ubud (PT Dwell Bali Ventures), and all associated staff, contractors, and partners from any and all liability for injury, illness, loss, or damage arising from my participation in the retreat, except in cases of gross negligence or willful misconduct.

8. Media Release

I grant permission for the Host to photograph and video record retreat activities for use in future marketing materials, social media, and website content. If you prefer not to be photographed, please notify the Host in writing prior to the retreat and this preference will be fully respected.

9. Code of Conduct

I agree to treat all participants, staff, and local community members with respect and kindness. I understand that the Host reserves the right to remove any participant whose behavior is disruptive, harmful, or inconsistent with the spirit of the retreat. In such cases, no refund will be issued.

10. Acknowledgment

I have read this agreement in full. I understand its contents and sign it freely and voluntarily. I am 18 years of age or older and I understand this is a co-gender retreat.

Participant Full Name:

Date:

Signature:

Emergency Contact Name & Phone:
