



Fall Retreat - Joshua Tree, CA

Welcome! I am so happy you are joining us for The Fall Retreat, Friday, November 1 - Sunday, November 3, 2024. I am looking forward to offering you a variety of activities throughout the Retreat. I request that you participate in only the activities that you are physically, mentally, emotionally, and spiritually able to do and that you notify me of any restrictions you have regarding any of the activities, and I will do my best to accommodate them. Your safety and comfort are of the utmost importance to me.

Please read the following information carefully and let me know if you have any questions before signing and returning it to me. I look forward to you being a part of the Retreat!

Retreat Waiver + Release

In exchange for participation in The Fall Retreat ("Retreat") organized by Ana Lilia of Dream Bigger Media and KJ Atlas (the "Facilitators") and/or use of the property, facilities, meals, and services provided during the Retreat, plus a bonus private mini-reading with KJ, I agree to the following:

I voluntarily desire to participate in the Retreat for the purpose of learning tools to release stress, examining my limiting beliefs, and empowering myself to show up for my goals.

I take full and sole responsibility for my life and well-being and all decisions made before, during, and after the Retreat. I understand that no representations or guarantees have been made as to the business or personal results I may expect to receive before, during, or after the Retreat, and I agree and understand that I am 100% responsible for my actions and results before, during, and after the Retreat.

I acknowledge that I am choosing to participate voluntarily in various activities at the Retreat and I recognize that these activities may contain certain inherent risks, as well as risks regarding exposure to COVID-19. I agree to assume any and all risks of participating in activities, including but not limited to: group discussions, meditation, breathwork, deep breathing, essential oils, physical movement, spiritual work, coaching, movement exercises, a private mini-reading with KJ, and other activities (collectively "Program Activities"). I also understand that I have the right to decline to participate in a Program Activity or to limit my participation to whatever degree I feel comfortable and willing based on my physical, emotional, or spiritual needs and that I will inform the Facilitators if and when I wish to remove myself or abstain from any of the Program Activities.

I expressly assume the risks of the Retreat and all Program Activities. I understand and agree to

use caution while on the property, to observe and obey all posted and announced rules and warnings, and to follow any instructions or directions given by the Facilitators, property owner, or their employees, representatives, or agents.

I understand that the information provided at or in conjunction with the Program Activities and Retreat is not, nor intended to be, a substitute for professional medical advice, diagnosis, or treatment that can be provided by my own physician, therapist, licensed dietitian, or any other licensed or registered medical or mental health practitioner. I understand that the Facilitators and any of her representatives are not acting in any capacity as a medical or mental health care provider.

I agree to disclose to the Facilitators in advance any known food allergies, or any other allergies, any physical limitations or prior injuries that may impact my breathing or movement, or any other health or mental condition. If I suspect that I have an immediate medical or mental health problem during the Retreat, I agree to inform the Facilitators promptly.

I agree to seek the advice of my medical or mental health practitioner prior to and during the Retreat regarding any questions or concerns I have about my specific health situation, including possible or actual pregnancy, known or suspected food allergies or any medications I am currently taking. I understand that I am advised to speak with my own physician or mental health provider before attending the Retreat or implementing any of the Program Activities. I agree to not disregard or delay seeking professional medical advice or stop taking any medications without speaking to my own physician or mental health practitioner.

At any time before or during the Retreat, should I know or feel that I may cause imminent harm to myself, other participants, the Facilitators, or the property, I understand and agree that I am immediately obligated to let the Facilitators know, and to remove myself from the situation in a peaceful and cooperative manner; otherwise, I consent that I may be asked to not attend the Retreat, leave the Retreat, and/or have immediate physical or mental health care administered to avoid causing mental or physical harm to myself or others.

I consent to the application of first-aid or other medical or mental health services to be applied if needed in connection with an emergency health problem or potentially harmful situation during the Retreat, and I agree to hold the Facilitators and their employees, agents, and representatives harmless as a result of any such injury or damage I may suffer due to the application of medical or mental health services or treatment. I also agree and consent that the Facilitators may contact my Emergency Contact if she deems it to be necessary.

I understand that the Facilitators are not making any representations or guarantees as to the effectiveness that may be derived as a result of participation in the Retreat. I understand and agree that I am solely responsible for my goals and results.

To the extent permitted by applicable law, I hold harmless, indemnify and release the Facilitators

and their representatives, and the property owner from any and all liability, damages, causes of action, allegations, suits, sums of money, claims, and demands whatsoever, in law or equity, which I have ever had, now have or will have in the future arising from my past or future participation in, or otherwise with respect to, anything related to and including the Retreat, including transportation to, from and during the Retreat.

In no event will I hold the Facilitators and their representatives or the property owner liable for any direct, indirect, special, incidental, or consequential damages for any use of, non-use, or reliance on this Retreat and the Program Activities including, without limitation, personal injuries, accidents, misapplication of information, or any other loss, malady, illness, disease, medical condition, difficulty, or death, or otherwise, even if I am expressly advised of the possibility of such damages or difficulties, whether caused by the fault of myself, the Facilitators, other attendees or any other person. I agree to pay the Facilitators and/or property owner for all damages to the facilities caused by any negligent, reckless, or willful action that I may advertently or inadvertently take.

INVESTMENT: I am investing \$1,700 to attend the Retreat. I am financially willing and able to invest in this Retreat by choice, and by so doing, I am not in any way incurring an economic hardship. **I understand that there is a no refund policy for the Retreat.**

Any dispute concerning this release, the Facilitators, or any aspect of my participation in the Retreat or Program Activities shall be governed by the laws of the State of California.

I understand that by signing this Release, I voluntarily surrender certain legal rights.

BY AGREEING, YOU HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND AGREE TO THE TERMS AND CONDITIONS IN THEIR ENTIRETY.