

RETREAT PARTICIPANT AGREEMENT (total 4 pages)
Restore and Explore: Slow Yoga and Qigong, Florida
Tue, Feb 28 - Tue, Mar 7, 2023 (7 nights)

Reservations: A \$200 non-refundable deposit per person will reserve a space on the retreat. **Preferred room type will be secured upon payment in full; on a first come-first-served basis. Final payment is due on or before January 15, 2023.**

Early Birds register before December 21 save \$100 off final payment

Register a friend or spouse before December 21 save \$75 off final payment

Total cost per person for **Restore and Explore: Slow Yoga and Qigong, Florida** (the "Retreat"):

Private Single (limited)	private bath	\$1998 pp
Double (limited)	2 beds/with private bath	\$1795 pp
Private Single	shared bath	\$1725 pp
Double	2 beds/shared bath	\$1584 pp
Commuter	3 meals	\$1165 pp
Camping	3 meals; tent platform provided	\$1130 pp

Late registration: Retreat participants may register after January 15, 2023, space permitting. Payment in full is required at the time of registration.

Retreat Price Includes:

- 7 nights (Tuesday Feb 28 dinner to Tuesday Mar 7 lunch)
- 3 delicious vegetarian meals (except 2 evenings on our own, as a group, local restaurants)
- Qigong /Slow Yoga/Yoga Nidra daily
- A kayak outing with professional river guide
- Tour of temples and grounds
- Labyrinth meditation walk
- Fire pit evening
- River side boardwalk trails

Retreat Price Does Not Include:

- Transportation to/from retreat
- 2 dinners off-site in local restaurants, to enjoy meat, fish, seafood and alcoholic beverages
- Travel Insurance/Medical Insurance
- Beach trips and local explorations
- Other travel related expenses

Cancellations/Refunds: All requests for cancellation must be submitted in writing to the Retreat Organizer (and received by the dates listed below). Regardless of the reason, cancellations result in additional costs and processing time for the Retreat Organizer. As such, all cancellations will be subject to cancellation fee.

The following charges will be assessed for cancellations:

Cancellation on or before **January 15, 2023** = **\$200** cancellation fee *

Cancellation between **January 16 and February 7, 2023** = **\$500** cancellation fee *

Cancellation on or after **February 8, 2023** = **100% of Retreat Price** *

*includes \$200 deposit

COVID PROTOCOLS: Starting with our 2023 retreat, you no longer need to provide proof of COVID-19 vaccination or a PCR test. However, we do ask you bring a rapid antigen test with you and provide a negative result at the start of the retreat. Due to COVID, on-site groups at Kashi are booked one at a time to allow for privacy and social distancing. Kashi follows a COVID prevention plan with a full array of best practices. Please understand that the Retreat Organizer reserves the right to change these policies without prior notice due to this very fluid and unpredictable situation.

If you are concerned about possibly having to cancel your travel plans at the last minute we recommend researching your travel insurance options at www.CancelForAnyReason.com.

We appreciate your trust in us, and we're here to help you have a beautiful retreat experience. Please reach out if you have any questions or concerns.

If the participant leaves the Retreat prior to its conclusion, refunds will not be made for the unused portion of the Retreat. No refunds will be made for any excursion, meal, class or other activity that the participant misses or decides not to participate in for any reason. The retreat is subject to a minimum enrollment of sixteen (16) guests. The Retreat Organizer reserves the right to cancel the Retreat prior to departure. If such cancellation is NOT due to circumstances beyond the Retreat Organizer's control, the Retreat Organizer will refund all payments, constituting a partial settlement with the participant, after a fair, negotiated payment of retreat-related damages is made to the venue. No compensation or refund will be made when cancellation arises before or during the retreat from circumstances beyond our and/or our suppliers' control (force majeure) such as war, strife, civil disobedience, strikes, terrorist activity, adverse weather conditions, fire, natural disasters, etc., unless or until the Retreat Organizer is able to recover any Retreat-related sums. In the event of cancellation arising from circumstances beyond our control, as set forth above, Retreat-related sums recovered by the Retreat Organizer will be distributed equitably to the participants after the Retreat Organizer deducts all out-of-pocket costs and related expenses. It is recommended that participants purchase their own retreat cancellation insurance. The Retreat Organizer is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the retreat itinerary resulting from circumstances beyond our and/or our suppliers' control such as war, etc. as set forth above.

Nature of Retreat: This Retreat is yoga and qigong oriented. Accordingly, participants are encouraged to

attend all the yoga and qigong offerings provided. Participants are encouraged to approach the Retreat with a spirit of openness and adventure. Kashi is a smoke-free, alcohol-free, and drug-free environment. Guests are requested not to bring or use alcohol, meat, illegal drugs, tobacco, firearms, or weapons to the ashram. Pets are not permitted.

Medical Insurance: Each participant is responsible for checking with their current health insurance provider or travel insurance provider to ensure that they have adequate medical coverage.

Photos/Video: The Retreat Organizer may take photos and videos during the Retreat. The Retreat Organizer reserves the right to use any such photos/videos in its advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Retreat Organizer and its representatives from any liability in connection with any such use of such photos and videos.

Release/Responsibility: The participant, by signing this *Retreat Participant Agreement*, agrees that the Retreat Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations, accidents by aircraft, boat, bicycle or motor vehicle, or in any restaurant or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes in transit, or venue services; missed airline or other transportation connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary.

The participant agrees to assume all risks associated with the Retreat and agrees that no liability will attach to the Retreat Organizer, its employees or agents, or to any member of the retreat in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Retreat, howsoever caused. **By signing this *Retreat Participant Agreement*, the participant releases the Retreat Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth.** The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), and accident insurance.

For the benefit of everyone on your retreat, the Retreat Organizer reserves the right to accept or reject any Retreat participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Retreat, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Retreat. The Retreat Organizer will have no responsibility or liability for any participant who leaves the Retreat prior to its conclusion or for any activity undertaken by any participant, which is not included on the Retreat itinerary.

I/we have read and understand the foregoing *Retreat Participant Agreement* for “Slow Yoga & Qigong: Restore and Explore” and, by making my advance payment as set forth below, agree to the terms thereof. Please reserve my/our space:

NAME PLEASE PRINT	SIGNATURE	
NAME PLEASE PRINT	SIGNATURE	
ADDRESS		
CELL PHONE	EMAIL	
EMERGENCY CONTACT		
NAME		
PHONE	EMAIL	
ENCLOSED check payable to Ken Nelson	\$	as payment in full
OR DEPOSIT check payable to Ken Nelson	\$200	per person
PayPal, please add \$65 (USA) or \$90 (CAN) to totals. PayPal address: ken.nelson.phd@gmail.com		

Starting with our 2023 retreat, you no longer need to provide proof of COVID-19 vaccination or a PCR test. However, we do ask you bring a rapid antigen test with you and provide a negative result at the start of the retreat. Due to COVID, on-site groups at Kashi are booked one at a time to allow for privacy and social distancing. Kashi follows a COVID prevention plan with a full array of best practices. Please understand that the Retreat Organizer reserves the right to change these policies without prior notice due to this very fluid and unpredictable situation.

Final payment is due on January 15, 2023. Room assignments are made on a first-come-first-served basis. Your payment **in full** will secure your preferred room type, based on availability.

Fill in all required information and return the **whole document** with your **payment** to: **Ken Nelson, P.O. Box 2314, Lenox MA 01240**

We look forward to sharing this retreat with you!