

Workshop Liability Waiver + Participant Agreement

Nourish Your Nervous System™ Workshop–Retreat

Hosted by The Self Resourced LLC

Date: February 23–24, 2026

Location: Chase on the Lake, Walker, MN

Facilitator: Liz Potter

1. Purpose of This Agreement

This agreement outlines the expectations, boundaries, responsibilities, and risks associated with participating in the Nourish Your Nervous System™ Workshop–Retreat.

By registering and attending, you (“Participant”) acknowledge and agree to the terms below.

2. Nature of the Workshop

- This workshop includes:
- Nervous-system education
- Somatic exploration
- Guided visualization
- Energy awareness practices
- Light movement, breath awareness, relaxation techniques
- Reflective journaling, discussion, and peer connection

Activities are always invitational, never mandatory.

Participants are encouraged to stay within their personal window of capacity.

This workshop is not a substitute for medical, psychological, psychiatric, or crisis care.

3. Not Therapy or Medical Treatment

- The facilitator is not acting as:
- A medical doctor
- A psychotherapist
- A psychologist
- A psychiatrist
- A crisis worker
- A physical therapist

- A licensed mental-health professional

No diagnosis, treatment, or medical advice will be offered.

Participants understand that somatic practices may bring up emotions, sensations, or memories, and they are responsible for seeking appropriate professional support if needed.

4. Voluntary Participation

All participation is voluntary.

You may:

- decline any exercise
- modify activities to meet your capacity
- take breaks at any time
- step outside the room to regulate
- ask for grounding or support
- Your agency is primary.

5. Assumption of Risk

You understand that somatic, embodiment, and nervous-system practices—while generally safe—carry inherent risks, including but not limited to:

- emotional discomfort
- physical sensations
- fatigue or lightheadedness
- triggering of past memories
- temporary dysregulation

By signing/attending, you voluntarily accept and assume full responsibility for these risks.

You agree that you are participating at your own pace and within your own physical and emotional capacity.

6. Release of Liability

To the fullest extent permitted by law, you release, indemnify, and hold harmless:

The Self Resourced, LLC

Liz Potter
The venue (Chase on the Lake)
Any assistants, volunteers, or contractors

from liability for:

injuries (physical or emotional), losses, damages, or claims arising from your participation, except in cases of gross negligence or intentional misconduct.

You agree that neither the Company nor the Facilitator is responsible for your medical, psychological, financial, or personal outcomes related to workshop participation.

7. Personal Responsibility + Self-Regulation

You agree to:

- stay attuned to your body's cues
- practice within your ability
- communicate if you need support
- pause or stop if something feels overwhelming

You understand that your wellbeing—physical, emotional, mental, and energetic—is ultimately your responsibility.

8. Confidentiality + Group Safety

To maintain a safe environment:

You agree to hold all personal stories, shares, emotions, and experiences expressed by other participants in confidence.

No recording (audio, video) is permitted unless explicitly approved by the facilitator.

Respectful, inclusive behavior is required.

Hate speech, harassment, or harmful behavior may result in removal without refund.

9. Intellectual Property

Workshop content—including, but not limited to:

The Five A's of Nourishment™

The SAFE Goals™ framework

The Me, Myself, and I framework

The Nourish Your Nervous System™ models

Exercises, worksheets, slides, or materials

Any proprietary language

is owned by The Self Resourced LLC.

You agree not to reproduce, share, or teach these materials without written permission.

10. Refund + Cancellation Policy

All payments and deposits are non-refundable.

If you cannot attend, tickets may be transferred to another person with written notice.

In the event the facilitator must cancel for emergency or illness, participants will be refunded in full.

Weather or travel disruptions do not qualify for refunds.

11. Photos + Media Consent

I understand that photos taken during the workshop may be used by The Self Resourced LLC for marketing, promotion, or future workshop materials.

I agree that these images may be used without any expectation of payment or compensation.

I waive any right to review, approve, or receive royalties for images that include me. If you do not wish to be photographed, please notify the facilitator at check-in and a “no photo” indicator will be provided.

12. Agreement

By registering for and attending this workshop, you acknowledge that:

You have read and understood this agreement

You voluntarily accept all terms

You agree to participate responsibly

You release The Self Resourced LLC and Liz Potter from liability as stated above

No signature is required if this waiver is part of your online registration form.
Participation constitutes agreement.