



Costa Rica 2025

PARTICIPANT WAIVER AND RELEASE OF LIABILITY

Arrival Date December 11, 2025

Departure Date December 15, 2025

Destination: Liberia, Costa Rica

1. Acknowledgment of Risk

I, the undersigned, acknowledge that participation in the 2025 Costa Rica Escape involves physical activity, travel, and exposure to various risks, including but not limited to: physical exertion, terrain, weather, local conditions, travel by air, land, or sea, and participation in group activities. I understand that injuries, illnesses, and unforeseen events may occur.

I voluntarily assume all risks associated with my participation in the 2025 Costa Rica Escape.

2. Health Certification

I certify that I am physically, emotionally, and mentally capable of participating in this 2025 Costa Rica Escape. I affirm that I have disclosed all relevant medical or psychological conditions to the organizers and that I am solely responsible for managing any ongoing treatments or medications.

I understand that the Sukha leaders are not medical professionals and are not responsible for my health or wellbeing.

3. Release of Liability



I hereby release, indemnify, and hold harmless Sukha, instructors, employees, contractors, volunteers, agents, and any affiliated organizations from any and all liability, claims, demands, or causes of action related to any loss, damage, injury, or illness (including death) that may occur during or as a result of my participation in the 2025 Costa Rica Escape, whether caused by negligence or otherwise.

4. Travel and Insurance

I understand that I am responsible for obtaining and paying for all necessary travel documentation (e.g., passport, visa) and international travel insurance, including coverage for medical expenses, trip cancellation, and personal property.

I acknowledge that the organizers are not responsible for any lost, stolen, or damaged belongings during the 2025 Costa Rica Escape.

5. Personal Conduct

I agree to conduct myself in a respectful, cooperative, and lawful manner throughout the 2025 Costa Rica Escape. The organizers reserve the right to dismiss any participant whose behavior is disruptive, unsafe, or in violation of local laws or 2025 Costa Rica Escape policies, without refund.

6. Media Release

I grant Sukha and their representatives the unrestricted, perpetual, and worldwide right to photograph, film, and otherwise record me during the 2025 Costa Rica Escape. I agree that all photographs, videos, and recordings taken of me may be used, reproduced, edited, published, and distributed by the organizers for any purpose, including but not limited to promotional materials, social media, advertising, and other commercial or editorial uses, in any medium now known or later developed.

I understand that I will not receive compensation for the use of these images and recordings, and I waive any rights to inspect or approve the final product.

If I wish to opt out of this media release, I understand I must submit written notice to the organizers **prior to the start** of the 2025 Costa Rica Escape.



This agreement shall be governed by and construed in accordance with the laws of [Specify Jurisdiction], and any disputes arising shall be resolved in the courts of that jurisdiction.

8. Acknowledgment and Signature

I have read, understood, and voluntarily agree to the terms stated in this waiver and release of liability.

Participant Name (Printed): _____

Signature: _____

Date: _____

Emergency Contact Name & Number: _____
