



Consent Waiver - Terms and Conditions

Total Life Fitness Retreat

May 20 - 24, 2019

We ask you to read this with attention. We value a positive group atmosphere with respect and trust. A *Total Life Fitness* retreat is an awareness and skills training; it is not a therapy group or event. Because it is training that also has an impact on mind, body, and brain, it is important for us and for you to be aware of your physical and mental health. We therefore ask that you do not leave out important information in the registration form and that everything is as complete as possible. Pamlico Rose will treat all personal information as confidential. Please read this document carefully before signing.

While attending the *Total Life Fitness Retreat*, your well-being and safety is important to us. The team is there to facilitate only. We ask you to monitor your own physical and emotional wellbeing during our events. By attending any of our events, you agree by the below statements:

- I am participating in the *Total Life Fitness Retreat* of my own free will and always accept total responsibility for my physical and emotional wellbeing.
- I am fully responsible for all the emotions that I bring to any of the events.
- I am not under the influence of any drugs, medication, or alcohol. If I am taking medication, I declare that I have informed the Pamlico Rose organization in writing through the sign-up form or through email. I declare I will not discontinue my prescribed medication treatment before, during, or after the retreat. I have been seen by a medical practitioner and have been advised that my participation in the Life Fitness Retreat will not cause me harm in any way (to myself or anyone else).
- I understand that the *Total Life Fitness Retreat* is not a substitute for psychiatric or medical advice, diagnosis, and treatment of any type. Always seek the advice of your physician or other qualified mental health provider with any questions you may have regarding a medical or mental condition. Never disregard professional medical advice or delay in seeking it because of something you have read on our site, articles, email or during any of our events.
- I take full responsibility for seeking medical treatment, counseling or psychotherapy at my own cost for any emotional issues that arise during or after the event.
- I know that the program on the retreat is an awareness of, and skills-training in, wellness and healthy living that includes information sessions, yoga, physical activity, creative arts, gardening sessions, and nutritional and cooking sessions. I understand that in case I feel the inability, or I think that it is not advisable, to make use of the skills or physical activities or exercises in this training program, I can simply decide to dispense or not participate in the

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exercises. I understand that I cannot hold Pamlico Rose, or the retreat staff accountable for any negative consequences.

- If at any time during the event I become distressed and emotionally overwhelmed, I will inform one of the facilitators and leave the room if I feel the necessity.
- We are all here to learn more about total life fitness, wellness, healthy living and developing resilience together as a team, and we will encourage each other to create an environment conducive to learning. To have a constructive and useful outcome to our events (classes/ retreats), I will work with the group to achieve that.
- I will do my best to be honest and true to myself and others. I will be non-judgmental when commenting, have respect for my own and other's experiences, needs, and priorities and expect the same in return.
- I will express any issues or concerns that I have about the event (course/retreat), content or processes to the retreat staff rather than keeping silent or only talking to other participants.
- The personal feelings expressed by others in the event (course/ retreat) are kept in confidence. It is crucial that you maintain the confidentiality hence:
 - Any information that is discussed by the group is kept private.
 - I will not directly or indirectly communicate or disclose in writing or orally or in any other manner, any information that is stated by another member of the group during or after the event.
 - I will always talk from the first person from 'I and my' during sharing experience and discussion.
- I will use the information presented during this event to assist me in creating change in my life and for no other purpose. I am responsible for decisions made or action taken to implement such information, mentoring, or guidance.
- I understand that I will be part of cooking three meals as instruction in nutritional eating.
- I have informed retreat staff of any special dietary needs I have. I understand that Pamlico Rose will not assume any liability for adverse reaction to foods consumed.
- I understand that the *Total Life Fitness Retreat* staff cannot be liable for any accidents or injuries, or damages of any kind, which can occur during the Life Fitness Retreat.
- I understand there is no cost for the retreat, lodging, food, or activities. I understand transportation and transfers to and from the retreat as well as travel insurances of any kind is not covered by Pamlico Rose. Since flights, trains, and car rentals are not included in the price, a personal travel insurance is necessary.
- I understand I am enrolled free of charge in a three-month post-retreat online app that features extended learning and application of total life fitness. I understand that completing the course will extend and deepen my understanding and use of Life Fitness.
- I agree with this policy statement of Pamlico Rose and I understand that in case of questions I can always contact: Robert Greene Sands, robert@pamlicorose.org, (805) 320-2967
- I have read, understood and agreed with everything that has been written, and
- I WANT TO PARTICIPATE!

Signed _____ Date: _____