

**IMPERMENENT SANGHA SILENT NATURE MEDITATION RETREAT**  
**INFORMED CONSENT, RELEASE, AND ASSUMPTION OF RISK**  
**By signing this I fully agree to and fully understand the following:**

This silent meditation retreat is not for profit; costs and responsibilities are shared, no one is paid, and I am responsible for myself, and my safety. In consideration of Impermanent Sangha, a Colorado Not for Profit Corporation, and anyone helping to organize, lead, teach, or guide this retreat and any entities acting in any capacity on their behalf (hereafter all referred to collectively as IS), and other persons participating on it (Participants), I hereby agree to completely release, indemnify, and discharge IS and Participants, on behalf of myself, and my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in this silent meditation retreat and any related activities, including being in nature or wilderness, driving or riding in vehicles, cooking, walking, hiking, backpacking, camping, river travel, whitewater boating, canoeing, swimming, bathing, climbing or scrambling, entails known and unanticipated risks which could result in physical or emotional injury, paralysis, dismemberment, death, or damage or loss of property. I understand that such risks are inherent in and part of the essential qualities of the activity and cannot all be removed. Furthermore, while IS and Participants may be more familiar with the environment and may help guide, teach, lead, and organize the trip, they are neither paid nor trained as guides, they may not have all the necessary knowledge or equipment, and they are not responsible for my safety. Though they will be aiming for safety, mistakes may be made. As a Participant, I am responsible for my own health, safety, actions, fitness and abilities. IS or Participants may misjudge the weather, the elements, my capacities, or the environment. I may receive inadequate warnings or instructions, we might not have all of the necessary equipment, the equipment may be insufficient or malfunction, and in the event of an injury first aid supplies, knowledge or training may be lacking.
2. Travel, camping and retreats in both developed and backcountry areas can be dangerous and has risks. I acknowledge this danger and risk, and agree that IS and Participants shall have no liability for my health and safety, including but not limited to: getting lost, separated, steep terrain, weather, travel by boat, canoe, raft, truck, car, bus, foot, and all other conveyances, forces and acts of nature, boat/canoe flips, rapids, rock fall, tripping, slipping, falling, exposure to human, insect, snake and animal attacks, bites and stings, communicable disease, the risks of altitude, wind, wet, cold, heat, sun, dehydration, hypothermia, drowning, burns, food poisoning, my physical or mental condition, crime, civil unrest; injury or illness in remote areas without means of rapid evacuation, communication, or obtaining adequate medical care, or a lack of medical training, experience, supplies, or facilities.
3. I expressly agree and promise to accept and assume all of the risks and dangers of this retreat. My participation in this retreat is purely voluntary, and I elect to participate in spite of the risks. I warrant that I have the information, skills and experience; and emotional, mental and physical health and strength, to participate safely in this retreat.
4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless IS and Participants from any and all claims, demands, or causes of action, which are in any way connected with my participation in this retreat. This includes my use of any IS or Participant's personal, borrowed, or rented equipment or facilities, including any such claims which allege negligent acts or omissions.
5. Should IS or Participants or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
6. I certify that I have insurance to cover any injury, illness, accident or damage I may cause or suffer while participating, or else I agree to bear any such costs myself. I further certify that I have no medical, mental or physical conditions that could interfere with my or others health or safety in this retreat, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. By signing this document, I acknowledge that if I or anyone else is hurt or has property damaged on or as a result of this retreat, it is my express intention that I would be found by a court of law to have herein waived my rights to maintain a Lawsuit against IS or Participants. I have had sufficient opportunity to read this entire document, I have read and understood it, and I agree to be bound by its terms, and that my relatives, heirs, estate, and assigns be also bound.

Participant Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Read before signing. More signatures can go on the back.