

Terms and Conditions for Soil and Soul Retreat, Costa Rica

These Terms and Conditions ("Agreement") govern your participation in the Biodynamic Retreat ("Retreat") hosted in Costa Rica, inclusive of guided hikes, yoga sessions, and a full immersion education program on the farm ("Program"). By registering for the Retreat, you ("Participant") agree to be bound by the terms and conditions set forth below. This Agreement also applies to the Facilitators of the Retreat.

1. Registration & Payment

- **Reservation Confirmation:** Your reservation for the Retreat is confirmed upon receipt of the non-refundable deposit.
- **Final Payment:** The final balance of your payment is due ninety (90) days prior to your scheduled arrival date for the Retreat. Failure to submit the final payment by this date may result in the forfeiture of your deposit and reservation.
- **Pricing:** All prices are quoted per person unless otherwise explicitly stated.
- **Non-Transferable Payments:** Payments made for the Retreat are non-transferable to other individuals or future retreats without prior written approval from the Retreat organizers.

2. Cancellation Policy (Participant)

- **Cancellations made more than 90 days prior to arrival:** Full refund of all payments made, minus the non-refundable deposit.
- **Cancellations made between 60 and 90 days prior to arrival:** 50% refund of the total retreat cost.
- **Cancellations made less than 60 days prior to arrival:** No refund will be provided.

3. Retreat Cancellation (Organizers)

- **Right to Cancel or Postpone:** We reserve the right to cancel or postpone the Retreat due to unforeseen circumstances. These may include, but are not limited to, insufficient enrollment, natural

disasters, government advisories, political unrest, pandemics, or the illness or inability of a key Facilitator to participate.

- **Participant Refund:** In the event of a cancellation or postponement by the organizers, Participants will receive a full refund of all retreat payments made to us.
- **Non-Responsibility for Ancillary Expenses:** We are not responsible for any non-refundable expenses incurred by the Participant in anticipation of the Retreat, including but not limited to airfare, travel insurance, visa fees, or other travel-related costs.

4. Travel Requirements

Participants are solely responsible for ensuring they meet all travel requirements for entry into Costa Rica. This includes, but is not limited to:

- **Airfare:** Booking and payment of all airfare to and from Costa Rica.
- **Passport Validity:** Ensuring their passport is valid for at least six (6) months beyond their intended stay.
- **Visas:** Obtaining any necessary visas for entry into Costa Rica.
- **Entry Requirements:** Complying with all current entry requirements, including any health declarations or testing protocols.
- **Vaccinations:** Consulting with their physician regarding any recommended or required vaccinations for travel to Costa Rica.
- **Airport Transfers:** Arranging and covering the cost of airport transfers to and from the Retreat location, unless otherwise explicitly stated as included.

5. Travel Insurance

- **Recommendation:** Comprehensive travel insurance is ***highly recommended*** for all Participants.
- **Coverage:** It is advised that your travel insurance includes, at a minimum, medical coverage, emergency medical evacuation, trip cancellation, trip interruption, and baggage protection. This will

help protect you against unforeseen events and associated costs.

6. Health & Medical Responsibility

- **Physical Ability:** By registering for the Retreat, you confirm that you are physically able to participate in all planned activities, including guided hikes and yoga, and understand that the Program involves active engagement on a farm.
- **Disclosure of Conditions:** You agree to disclose any significant medical conditions, allergies, or physical limitations that may affect your participation or require special consideration to the Retreat organizers in writing prior to the Retreat.
- **Pacing:** Participants are encouraged to participate in all activities at their own pace and to listen to their bodies.
- **Physician Consultation:** You are strongly encouraged to consult with your physician regarding your fitness to participate in the Retreat and any health concerns you may have.

7. Assumption of Risk & Liability Waiver

- **Acknowledgement of Inherent Risks:** Participants acknowledge that the Retreat involves inherent risks associated with the following activities:
 - Yoga practice
 - Guided hiking in potentially uneven terrain
 - Activities on a working farm
 - International travel
 - Any other activities offered as part of the Retreat.
- **Voluntary Participation:** You agree to participate voluntarily in all Retreat activities and assume full responsibility for any and all risks of loss, property damage, personal injury, illness, or death that may be sustained by you, or any loss or damage to property belonging to you, as a result of participating in the Retreat, whether caused by the negligence of the Retreat hosts, facilitators, or otherwise.

8. Release of Liability

In consideration for being permitted to participate in the Retreat, you hereby, for yourself, your heirs, executors, administrators, and assigns, release, waive, and forever discharge the Retreat organizers, their employees, agents, volunteers, Facilitators, and any affiliated entities from any and all liability, claims, demands, actions, and causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by you, or to any property belonging to you, whether caused by the negligence of the releasees or otherwise, while participating in the Retreat, or while in, on or upon the premises where the Retreat is being held. This release includes, but is not limited to, liability for injury, illness, theft, lost luggage, delays, adverse weather conditions, airline issues, or acts of nature.

9. Itinerary Changes

- **Flexibility:** The schedule and content of the Retreat are planned with care but may be subject to change. Activities, instructors, venues, or specific schedules may be altered due to weather conditions, local circumstances, operational requirements, or other factors beyond our control.
- **Maintaining Experience:** Any changes made will aim to maintain the overall integrity and experience of the Biodynamic Retreat.

10. Photography and Videography

- **Promotional Use:** Photos and videos may be taken by the Retreat organizers or their designated representatives during the Retreat for use in future marketing and promotional materials.
- **Opt-Out:** If you prefer not to appear in any photographs or videos used for promotional purposes, you must notify the Retreat organizers in writing prior to the commencement of the Retreat.

11. Code of Conduct

Participants agree to conduct themselves in a manner that is respectful, responsible, and conducive to a positive group experience. This includes:

- **Respect for Others:** Treating all fellow participants, facilitators, and local community members with respect and kindness.
- **Respect for Property:** Respecting the retreat venue, farm property, and any equipment provided.
- **Adherence to Laws:** Complying with all local laws and regulations of Costa Rica.
- **Group Harmony:** Avoiding any behavior that could jeopardize the safety, well-being, or harmonious experience of the group.

12. Alcohol & Substance Use

- **Wellness Focus:** This is a wellness retreat. While responsible and moderate consumption of alcohol may be available during designated times, excessive alcohol use is discouraged.
- **Prohibited Substances:** The use of illegal drugs is strictly prohibited and will result in immediate dismissal from the Retreat without refund.

13. Force Majeure

The Retreat organizers shall not be held liable or responsible for any failure to perform, or delay in performing, any of their obligations under this Agreement that is caused by events outside of their reasonable control (“Force Majeure Event”). Force Majeure Events include, but are not limited to:

- Hurricanes, tropical storms, or other severe weather events.
- Pandemics or epidemics.
- Political unrest or civil disturbances.
- Airport closures or disruptions.
- Government restrictions or mandates.
- Acts of terrorism or war.
- Any other event that is beyond the reasonable control of the Retreat organizers.

14. Acknowledgement

By completing the registration process and submitting payment for the Retreat, you acknowledge that you have read,

understood, and agree to be bound by all the terms and conditions set forth in this Agreement.

Additional Clauses for Authenticity and Community Focus:

15. Participation

This Retreat is designed to foster personal growth, learning, and deep connection. While we encourage full engagement, participation in any specific activity is always voluntary. Participants are invited, but never required, to join any session or activity.

16. Community

We are committed to cultivating a welcoming, inclusive, and respectful environment where all individuals feel safe, supported, and valued. We encourage open communication and mutual respect among all participants and facilitators.

17. Digital Presence

To enhance the immersive and connective nature of the Retreat, we encourage Participants to consider limiting their digital device usage during scheduled activities and communal times. Being fully present allows for a richer experience and deeper connection with yourself, the program, and the community.

Print Name _____

Signature _____ **Date** _____