



# **SOIL & SOUL BIODYNAMIC FARM RETREAT**

## **Liability Waiver & Assumption of Risk Agreement**

**Hosted by Stephanie Stiegler & Allison Bright Garber**

**Location: Rancho Margot, Costa Rica**

**Retreat Duration: 7-Day Full Immersion Program**

This Liability Waiver and Assumption of Risk Agreement ("Agreement") is entered into between the participant ("Participant") and **Stephanie Stiegler, Allison Bright Garber, and Rancho Margot** (collectively, "Hosts"). By signing this document, the Participant acknowledges and agrees to the terms below.

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### **1. Voluntary Participation**

I understand that my participation in the Soil & Soul Biodynamic Farm Retreat is entirely voluntary. I certify that I am physically and mentally capable of participating in all retreat activities.

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### **2. Assumption of Risk**

I acknowledge that the retreat takes place in a natural, outdoor, and agricultural environment that includes inherent risks. These risks include, but are not limited to:

#### **Outdoor & Farm Environment**

- Uneven terrain, mud, rocks, and slippery surfaces

- Interaction with farm animals
- Exposure to insects, mosquitos, bees, ants, spiders, and other wildlife
- Allergic reactions or bites
- Weather-related hazards (heat, rain, humidity)

## **Physical Activities**

I understand that the retreat may include physically demanding activities such as:

- Yoga** (including stretching, balancing, and physical exertion)
- Hiking** on uneven or steep terrain
- Kayaking** in rivers or lakes
- Horseback riding**
- Farm work or hands-on biodynamic activities**

I acknowledge that these activities carry risks of injury, including but not limited to: muscle strain, sprains, falls, drowning, collisions, animal-related injuries, and other unforeseen accidents.

I voluntarily assume **all risks**, known and unknown, associated with participation.

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## **3. Release of Liability**

In consideration of being permitted to participate in the retreat, I hereby release, waive, and discharge:

- **Stephanie Stiegler**
- **Allison Bright Garber**

- **Rancho Margot**

- **All employees, contractors, guides, volunteers, and representatives**

from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, injury, illness, or death that may occur during or as a result of my participation in the retreat.

This includes injuries resulting from:

- Negligence (except gross negligence or intentional misconduct)
- Accidents during activities
- Wildlife or insect encounters
- Terrain or environmental conditions
- Equipment failure
- Food, lodging, or transportation
- Any activity on or off the Rancho Margot property

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## **4. Medical Responsibility**

I certify that I am in good health and have disclosed any relevant medical conditions. I understand that medical care may be limited in remote areas and that I am responsible for carrying any necessary medications.

I agree to seek medical advice prior to participation if I have any health concerns.

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## **5. Travel & Personal Property**

I understand that:

- I am responsible for my own travel arrangements, passports, visas, and insurance
- The Hosts are not responsible for lost, stolen, or damaged personal items
- Travel insurance is strongly recommended and may be required for entry into Costa Rica

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## **6. Photography & Media Release (Optional Section)**

I grant permission for photos or videos taken during the retreat to be used for promotional purposes unless I provide written notice opting out.

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## **7. Binding Agreement**

I understand that this Agreement is binding upon me, my heirs, executors, administrators, and assigns.

I have read and fully understand this document. I sign it freely and voluntarily.

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## **8. Cancellation Policy**

I understand and agree to the retreat's cancellation terms:

- **90+ days before the retreat:** Full refund
- **30–89 days before the retreat:** 50% refund
- **Within 30 days of the retreat:** Non-refundable

•**Documented emergencies** may be considered on a case-by-case basis

I acknowledge that airfare, travel insurance, and personal purchases are not refundable by the Hosts.

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## **9. Additional Assumption of Risk**

In addition to the risks listed above, I understand that participation in an international retreat involves inherent uncertainties, including but not limited to:

- Changes in weather, travel conditions, or local infrastructure
- Delays or disruptions in transportation
- Exposure to unfamiliar environments, foods, or cultural conditions
- Limited access to medical care in remote areas

I voluntarily assume all risks associated with international travel and participation in retreat activities.

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## **10. Medical Disclosures & Responsibility**

I certify that:

- I have disclosed all relevant medical conditions, allergies, injuries, or limitations to the Hosts.
- I am responsible for bringing and managing my own medications.
- I understand that the retreat takes place in a remote, natural environment where medical services may be limited or delayed.
- I agree to seek medical clearance prior to the retreat if I have any health concerns.

I acknowledge that the Hosts are not responsible for medical expenses, emergency care, or decisions made by medical personnel.

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## **11. Force Majeure**

I understand that the Hosts shall not be held liable for any delay, cancellation, or modification of the retreat due to circumstances beyond their control, including but not limited to:

- Natural disasters
- Extreme weather
- Political unrest
- Government restrictions
- Pandemics or public health emergencies
- Transportation shutdowns
- Acts of God

In such cases, the Hosts reserve the right to modify the retreat schedule, postpone the retreat, or offer alternative arrangements. Refunds or credits may be offered at the Hosts' discretion based on the circumstances.

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## **12. Agreement & Acknowledgment**

I acknowledge that I have read, understood, and agree to all sections of this Liability Waiver, including the Cancellation Policy, Assumption of Risk, Medical Disclosures, and Force Majeure clause. I sign this document voluntarily and understand it is legally binding.

# Participant Acknowledgment & Signature

Participant Name:

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Signature:

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Date: 

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