

# Participation agreement and liability release

*Spring Vipassana Meditation Retreat  
– Sayadaw U Indaka w/ Kate Dresher*

May 19 – 26, 2019  
Lake Doniphan Conference and  
Retreat Center, Excelsior Springs, MO

I acknowledge that I have voluntarily applied to participate in the Spring Vipassana Meditation Retreat to be held at Lake Doniphan Conference and Retreat Center from May 19th to May 26th, 2019.

## **Assumption of Risk.**

I fully realize that this activity is voluntary and entirely at my discretion. I am also aware that this retreat will take place in a rural setting and that there may be risks involved in moving around the area. I hereby assume all risks of injury to either or both me and my property that may be sustained in connection with activities undertaken while at this retreat.

I am also fully aware that this activity may involve taxing physical activities including, but not limited to, meditation, yoga, hiking and other movement activities and work (e.g. kitchen and cleaning duties). I am further aware that such activities as silent, intensive meditation and other associated retreat activities may involve intense and/or unusual psychological, spiritual and emotional experiences of mind and body. I am voluntarily participating in these activities with full knowledge of all of the risks involved and agree to accept any risk that arises as a result of my participation.

## **Release of Liability.**

In consideration for both the independent retreat organizers—including, but not limited to, the retreat initiator(s), administrator(s), registrar(s) and manager(s)—and Lake Doniphan Conference and Retreat Center allowing me to participate in these activities at facilities owned, rented or otherwise procured by Lake Doniphan Conference and Retreat Center,

I agree that neither I nor anyone acting on behalf of me, my heirs and/or assignees will seek any claims including, but not limited to, lawsuits or attachment of said independent retreat organizers', independent retreat teachers', interpreters', or caterers' or Lake Doniphan Conference and Retreat Center's property, for injury or damage resulting from negligence or other acts by anyone working directly or indirectly as or for an independent retreat organizer, teacher, interpreter or caterer or for Lake Doniphan Conference and Retreat Center except for gross willful negligence. I release all retreat organizers, teachers, interpreters and caterers and Lake Doniphan Conference and Retreat Center from all actions that I and/or anyone acting on behalf of me and/or my heirs or assignees may have for injuries or damages I incur from my participation in these activities.

**Knowing and Voluntary Execution.** I have carefully read this agreement and fully understand its contents. I sign it of my own free will, knowingly accepting my assumption of risk and the release of liability.

**Signature:**

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**Date:**

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**Printed Name:**

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