

ENROLLMENT AND RELEASE OF LIABILITY
FOR THE KAI CHI DO WEEKEND RETREAT

Agreements are mutual understandings between people, that define intentions and inform expectations.

To create a safe environment, establish trust, and facilitate harmony of purpose in the Kai Chi Do weekend, we request your consent to the following understandings and agreements:

You must be at least 18 years of age to participate in the Kai Chi Do weekend retreat, or be accompanied by a parent or guardian who participates in the retreat.

You understand that you are not under any obligation of any kind to participate in this event.

You understand that Kai Chi Do and breathwork meditation are fitness and personal growth services designed to enhance quality of life. They are not health care services nor psychotherapy. The Kai Chi Do Weekend is a personal growth event; It is not treatment.

You agree that you will not use alcohol or any illicit substance during the Kai Chi Do weekend.

You agree to maintain confidentiality of all comments shared by the workshop leader and participants.

The Kai Chi Do weekend includes physical exercise, breathwork, meditation, and may include guided connected breathing in a hot tub or Jacuzzi. Some people find these exercises physically demanding or strenuous. Each participant is encouraged to modify these exercises and processes to accommodate their own needs or physical limitations.

You agree to assume full and complete responsibility for your own well-being throughout the Kai Chi Do weekend.

Waiver of Liability:

By signing below I hereby agree on behalf of myself, my heirs, my assigns, executors, and personal representatives, to hold harmless Charles Robinson and Kai Chi Do Inc., their officers, directors, agents, employees, chaperones, and representatives from any and all liability claims, losses or damages arising from or in connection with participation in this retreat. To the best of my knowledge, I am in good health and physically able to participate in this activity. I have read this waiver of liability, understand its meaning, and agree to its conditions.

DATE

SIGNATURE

PLEASE PRINT NAME

EMAIL / PHONE

Please complete and sign and fax to us at 1-800-272-4311 or scan/email to susan@kaichido.com