



InspireMe360 Liability Waiver & Assumption of Risk Agreement

To be read, understood, and signed upon arrival

Participant Name: _____

Date of Birth: _____

Phone Number: _____

Email: _____

Retreat Dates: _____

Location: _____

1. PURPOSE

This Liability Waiver and Assumption of Risk Agreement ("Agreement") is entered into by the participant ("Participant") and InspireMe360 Retreats ("Organizer") for participation in a wellness, personal growth, and adventure retreat taking place at the location and dates listed above.

2. VOLUNTARY PARTICIPATION

I understand that my participation in the InspireMe360 Retreat is entirely voluntary. I acknowledge that I am physically, mentally, and emotionally capable of engaging in the activities offered and that I have disclosed any relevant medical or mental health conditions to the organizers.

3. ACKNOWLEDGEMENT OF RISKS

I understand that the retreat involves both physical and emotional experiences that carry inherent risks. These may include, but are not limited to:

- Firewalking and ceremonial fire-related activities
- Horseback riding and equine therapy
- Cold plunge and sauna detox activities
- Hiking and outdoor nature excursions
- Dance, movement, and physical release workshops
- Somatic, breathwork, and trauma healing sessions
- Group emotional processing and spiritual ceremonies

I acknowledge that these activities may involve physical exertion, environmental exposure, emotional vulnerability, and interaction with other guests and animals.

4. RELEASE OF LIABILITY

In consideration for being allowed to participate, I hereby release and hold harmless InspireMe360 Retreats, its facilitators, employees, property owners, volunteers, and affiliated staff from any and all liability, injury, loss, or damages—including death—that may occur as a result of my participation in this retreat.

I waive any right to file claims or legal proceedings of any kind related to:

- Personal injury or illness
- Emotional distress or psychological effects
- Property loss or theft
- Accidental harm or negligence
- Acts of nature or environmental conditions

5. PERSONAL RESPONSIBILITY

I agree to take full responsibility for my personal safety and wellbeing throughout the retreat. This includes listening to my body, setting boundaries, asking for support, and opting out of any activity I feel unfit to engage in.

I understand that no results or specific outcomes are guaranteed.

6. MEDICAL CARE & INSURANCE

I confirm that I have medical insurance and/or will assume all financial responsibility for any medical treatment I may require during the retreat. I authorize retreat staff to seek emergency care if necessary.

7. DRUGS, ALCOHOL & CONDUCT

I understand that InspireMe360 Retreats maintains a strict no drug or alcohol policy on-site. I agree to behave in a respectful, inclusive, and cooperative manner with other guests and staff. Disruptive behavior may result in removal from the retreat without refund.

8. PHOTOGRAPHY & MEDIA (Optional)

- I consent to being photographed or filmed during the retreat for future promotional purposes.
- I do **not** consent to being photographed or filmed.

9. FINAL AGREEMENT

I have read and fully understood this Agreement. I am signing it freely and voluntarily. I understand that this document limits my legal rights. I affirm that I am 18 years of age or older and legally competent to sign this release.

Participant Signature: _____ Date: _____

Printed Name: _____

Witness Signature (InspireMe360 Staff): _____ Date: _____