

MMC Waiver and Release of Liability
Emotional and Physical Risks
September 19-21, 2025

Welcome to the Retreat!

As your Host, I'm excited to have you join us at Mount Madonna Center! Before we begin, please take a moment to review this waiver. It's meant to ensure that we all stay safe and have a positive experience.

1. **Understanding the Risks:** The retreat will include group discussions and personal, optional activities like yoga and hikes. The retreat activities could bring up emotional challenges and personal activities may pose physical risks, such as uneven terrain while hiking.
2. **Taking Responsibility:** By participating, I understand the risks and agree to take responsibility for my own well-being. If uncomfortable at any time, I'll inform the host and step away.
3. **Release of Liability:** I agree that the Host, Mount Madonna Center, and anyone involved with organizing or running the retreat aren't responsible for any injury, accident, or loss of personal property during the retreat, except in cases of gross negligence. This includes any accidents during travel to or from the event or while on the Mount Madonna property. I agree not to hold the Host or anyone else responsible for things that might happen. I take full responsibility for my own actions and decisions during the retreat.
4. **Health and Well-Being:** I confirm that I'm physically and mentally able to participate. I will inform the host of any medical concerns. In an emergency, I give permission for the host to seek medical help on my behalf, understanding I'm responsible for any medical costs.
5. **Personal Property:** I understand the retreat is held in a natural setting, and I am responsible for my belongings. The host and Mount Madonna Center are not liable for lost or damaged property.
6. **Media Consent:** I consent to photos and videos being taken during the retreat. I will notify the host if I prefer not to be included.
7. **Respectful Behavior:** I agree to treat everyone with respect. If my behavior disrupts the retreat or makes others feel unsafe, I may be asked to leave without refund.
8. **Governing Law:** This agreement is governed by California law. Any disputes will be resolved in Santa Cruz County, CA.

Acknowledgment and Agreement: I have read and fully understand this waiver by signing and returning this agreement, whether physically, via scanned PDF, or electronically), I acknowledge that I voluntarily agree to participate in the retreat and accept the risks involved. I understand that this document is a legal contract and I consent to the use of scanned or electronic signatures in place of traditional handwritten signatures.

Signed: _____

Host: _____

Name: _____

Date: _____

Participant: _____

Name: _____

Date: _____