

Terms and Conditions for hosting a retreat.

Welcome! We are honoured that you are interested joining us for an immersive experience in nature, community, and medicine. Please note that these rules and policies are subject to change at any time.

For logistical questions, please email naturalma.connect@gmail.com

If you would like additional preparation support, please

Terms for booking to host a retreat.

These rules and policies are subject to change at any time.

1. To book your reservation and reserve your spot on our website, a deposit of approximately 50% is due upon registration, depending on the retreat type, payable electronically. The remainder is due at latest 10 days before arrival via stripe payment.
2. In case of a last-minute registration, the full balance due is to be paid BEFORE starting your retreat.
3. If one must cancel their reservation, we will not refund your deposit. If one cancels their registration within 24 hours of booking, we will refund your registration, less transaction and administrative fees (10%). Otherwise, your deposit can be transferred to a future date or to another facilitator. If one wishes to reschedule to a different date, the guest will be allowed to transfer their deposit to another retreat in the following ways.
 - 6 months notice- 100% of deposit transferable
 - 3 months notice - 80% of deposit transferable
 - 2 months notice - 60% of deposit transferable
 - 1 months' notice - 0% of deposit transferable In case of a no-show or cancellation within 48 hours of the retreat start date, you will be

charged the full price of the retreat.

- i. If you are not able to come to the location, you can transfer your deposit to someone else with the appropriate 6 months' notice given, at no additional cost.
- ii. If you reschedule for any retreat, within one year of your cancellation, your deposit is transferable. You can reschedule for any dates you wish in the future, but your credit will expire if you do not let us know which dates you would like within one year of cancelling. The exception for this is retreats which were cancelled by Naturalma due to COVID-19. These deposits do not have a one year expiry.
- iii. Retreat deposits and rescheduling can only be guaranteed to be transferred to within the same year period at the discretion of the Naturalma management and organisers.
- iv. ****Update**** In light of the coronavirus outbreak, Naturalma requires all retreat hosts and their participants to purchase flight and travel insurance to cover all contingencies and nonrefundable deposits and expenses – see more information in section below. If flights or retreats are cancelled due to coronavirus, deposits are nonrefundable but will be transferred to personal credit to use for a future retreat with no change fees. Naturalma disclaims all liability from travel disruptions due to coronavirus, and recommends purchasing flight and travel insurance.

5. We value all guests' safety, experiences, healing processes and personal boundaries. We expect our guests do the same. The following offences are intolerable, and will result in being sent home without question and without a credit for your stay at the sole discretion of Naturalma staff:

- Sexual harassment toward any of the guests or staff.
- Behaviour that puts your own or others' safety at risk.

- Repetitive disruptive behaviours inside or outside events that creates discomfort for other guests, or significantly interferes with the healing process of other guests.
 - The use of substances/drugs of any kind taken or consumed at the location.
 - Theft of any kind – we aim to cultivate a trusting and family-style culture at Naturalma, where every person and their belongings are safe and secure.
6. Naturalma staff reserves the right to send anyone home at any time at our discretion.
 7. We require that all hosts and their participants, create, distribute agree to and sign an Activity Waiver & Release in order to participate in the retreat.
 8. We do not share personal or contact information between guests without the explicit permission of the guest.
 9. If one is deemed medically unsafe, we reserve the right to withhold any events happening at Naturalma.
 10. We reserve the right to not accept guests at the discretion of Naturalma.

Addendum – Additional Participant Terms and Conditions due to COVID-19

The safety of our guests and staff is of utmost priority. In addition to our on-site safety protocol, below we outline additional terms the Participant must agree to during the booking process, to minimize risk and help prevent the spread and transmission of COVID-19.

In addition to our regular terms and conditions for booking a retreat at Naturalma, the following are required for participants to agree to and do for their retreat:

1. Hosts and their participants agrees to purchase flight and travel insurance to cover all contingencies and nonrefundable deposits and expenses – we recommend one that covers all possible medical expenses and accommodation in case of a COVID-19 infection.
2. Hosts and their participants understand that deposits are non-refundable, except in the case of known medical issues screened during the intake screening process, which are deemed unsafe to combine with plant healing. If flights or retreats are cancelled due to coronavirus, deposits are nonrefundable but will be transferred to personal credit to use for a future retreat with no change fees. Naturalma disclaims all liability from travel disruptions due to Coronavirus, and refers to participant flight and travel insurance for associated costs.
 1. Hosts and their participants must provide proof of a negative COVID-19 test taken within 36 hours of retreat start. The test must be a viral test, which could be either an antigen test or an RT-PCR test. Please note that antibody tests will not be accepted.
 2. Hosts and their participants agrees not to travel if they are experiencing any of the following symptoms prior to their departure, or immediately alert Naturalma staff if experiencing the following while traveling or after arrival:
 - Fever
 - Respiratory symptoms such as sore throat, cough, or shortness of breath

- Flu-like symptoms such as muscle aches, chills, or severe fatigue
 - Changes in sense of taste or smell
5. Naturalma recommends that persons who are considered an at-risk population for transmission of the coronavirus (over 70 years of age, immunocompromised, or pre-existing health conditions) do not book a retreat at Naturalma until after travel risk is considered negligible by the World Health Organization.
3. Participant agrees to adhere to the following guidelines while traveling:
- Wear a mask or face shield while traveling. Proper guidelines for use of mask include:
 - i. Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask;
 - ii. While in use, avoid touching the mask;
 - iii. Remove the mask by using appropriate technique (i.e. do not touch the front but remove the lace from behind);
 - iv. After removal or whenever you inadvertently touch a used mask, clean hands by using an alcohol-based hand rub or soap and water if visibly soiled
 - v. Replace masks with a new clean, dry mask as soon as they become damp/humid;

- vi. Do not re-use single-use masks;
- vii. Discard single-use masks after each use and dispose of them immediately upon removal.
- viii. Perform hand hygiene frequently, particularly after contact with respiratory secretions. Hand hygiene includes either cleaning hands with soap and water or with an alcohol-based hand rub. Alcohol-based hand rubs are preferred if hands are not visibly soiled; wash hands with soap and water when they are visibly soiled;
- ix. It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- x. To the extent possible, avoid touching public door handles, handrails, and other frequently touched surfaces in public places. Also avoid shaking people's hands.
- xi. Cover your nose and mouth with a flexed elbow or paper tissue when coughing or sneezing and disposing immediately of the tissue and performing hand hygiene;
- xii. Refrain from touching mouth and nose
- xiii. Avoid closed crowded spaces;
- xiv. Maintain distance of at least 1 meter from any individual with 2019-nCoV respiratory symptoms (e.g., coughing, sneezing)

7. Participant agrees to receive a temperature check from a touchless thermometer on their retreat start date, prior to staying at Naturalma.

8. Participant agrees to sign a waiver stating that they are not currently exhibiting any symptoms of COVID-19 such as:
 - a. Fever
 - Respiratory symptoms such as sore throat, cough, or shortness of breath
 - Flu-like symptoms such as muscle aches, chills, or severe fatigue
 - Changes in sense of taste or smell

9. In the event that the Participant tests positive for COVID-19 during their stay. Their deposit will be fully transferable to a future retreat date, and they will be required to take another test and test negative before their next retreat. The hospital recommends those who test positive for COVID-19 wear a face mask, remain in self-isolation for a minimum of 14 days, and alert hotel staff if applicable.

10. Participant agrees to review the CDC's guidelines on symptoms, testing, prevention, and travel as related to COVID-19.

Naturalma: Activity Waiver & Release

NOTE: You will be required to sign a copy of the following Waiver upon arrival at the retreat. Please review in full below. Accepting the Terms & Conditions during registration indicates you have read and accept the below.

THIS ACTIVITY WAIVER & RELEASE (this "Agreement") dated: c
(MM/DD/YY) BETWEEN: _____

(the "Retreat Host") AND Naturalma Community (Vibrante Bosque LDA)

IN CONSIDERATION OF the covenants and agreements contained in this Agreement and other good and valuable consideration, the receipt of which is hereby acknowledged, the parties to this Agreement agree as follows:

It is the sole responsibility of the retreat host to create a waiver to be read and signed by each retreat participant. Naturalma accepts no responsibility for the activities and events that are being hosted by third parties.

The following items **may** be useful as a guideline for creating a waiver for this purpose:

Consideration

- 1. Being of lawful age and in consideration of being permitted to participate in the activity described below, having personally reviewed the benefits and potential challenges of ayahuasca use, the Participant releases and forever discharges the Organizer and the Organizer's spouse, heirs, executors, administrators, legal representatives and assigns from all manner of actions, causes of action, debts, accounts, bonds, contracts, claims and demands for or by reason of any injury to person or property, including injury resulting in the death of the Participant, which has been or may be sustained as a consequence of the Participant's participation in the activity described below, and notwithstanding that such damage, loss or injury may have been caused solely or partly by the negligence of the Organizer.*
- 2. The Participant understands that the Participant would not be permitted to participate in the activity described below unless the Participant signed this Agreement.*

Details of Activity

The Participant will participate in the following activity:

Participation in a retreat at Naturalma. Participation may include all activities, food, and accommodations as part of the retreat experience while at Naturalma, including but not limited to:

- Partaking in plant healing ceremonies - Yoga classes, breathwork and meditation sessions*
- Workshops, classes and guest lectures*
- Leisure time / and time in nature*
- All meals and snacks*
- Accommodations in single or double arrangements, as chosen by guest.*

Participation in Preparation/Integration Program with Preparation/Integration Support Team. Participating in this program includes all resources, online communities, and services offered, including (as needed) but not limited to:

- Medical intake call*
- Preparation call*
- Integration call*
- Online community and resources*
- Any additional 1-on-1 services coordinated between the guest and the preparation/integration support team.*

Code of Conduct

The Participant agrees to the following rules and stipulations during their stay at Naturalma.

The Golden Rule of "Respect"

- 1. Respect the medicine and the traditions we work with*
- 2. Respect and follow indications and guidelines given by Naturalma team*
- 3. Respect the healing process of yourself and others in the group*
- 4. Respect the personal boundaries of others in the group*
- 5. Respect that everyone is undergoing their own experience, and deserves to have their own space, peace and quiet*
- 6. Respect all guests and staff *** We have a zero tolerance policy against sexual harassment ****
- 7. Respect that engaging in sexual activity including with the self as well as married couples is prohibited*

Please note that disregarding any of these will result in being given a warning or being asked to leave at the discretion of a member of the facilitation team without reimbursement.

The Intolerable Offenses

1. Sexual harassment toward guests or staff, including verbal/non-verbal insinuation as well as direct physical contact

2. Behaviour that puts your own or others' safety at risk.

3. Repetitive disruptive behaviour on the Naturalma site.

4. We have zero tolerance to the use of any substances, recreational or otherwise without the explicit consent of the Director of Retreats and/or lead facilitator, inclusive of painkillers, anti-diarrhea or any other medication plant or pharmaceutical.

7. Leaving the Naturalma grounds without prior arrangement

The Participant agrees that by participating in any one of these intolerable offenses, they can be sent away without question and without refund at the sole discretion of Naturalma staff. The Participant would be responsible for any additional travel fees.

INITIALS REQUIRED - Fitness to Participate

1. The hosts and their participants acknowledges that the participants have fully disclosed all known physical limitations, medical ailments, and physical or mental disabilities. If required, the Participant has/will obtain a medical examination and clearance prior to arrival. Initials:

Example:

The host must clear that the participants have disclosed the following:

- They do not have any preexisting heart ailments; and any respiratory ailments (eg. asthma) have been cleared by Naturalma Initials: _____*
- They are without any preexisting mental health conditions such as Bipolar Disorder, Schizophrenia, or Psychosis Initials: _____*
- They are of the understanding of the implications of the process of which they are about to undertake.*

- *They are of the understanding that there are inherent risks of being in a wilderness environment that may cause injury or death Initials: _____*
- *They may feel worse (mentally, physically, emotionally) during or after as part of their process of healing -Initials: _____*
- *Naturalma cannot accept responsibility for theft or damage to belongings -Initials: _____*
- *The Organizer reserves the right to expel any guest without prior notice, responsibility for a refund, or providing accommodation outside of the retreat center. Should a Participant decide to leave a workshop prematurely, for whatever reason, the Organizer is not responsible for the reimbursement of monies or for denouncements by the attendee. Initials: _____*
- *If they have provided incorrect information or obscured details, that they may be endangering themselves and others and can be expelled from the retreat without question and without refund at the sole discretion of Naturalma staff. Initials: _____*
- *The Organizer is not responsible for the decision of any guest to stop taking medication or for changing their medication schedule, and accepts no liability for any adverse effects from doing so. The Participant acknowledges that Naturalma has advised the Participant to seek medical advice and/or supervision from their prescribing doctor before reducing, ceasing, or changing any medication. Initials: _____*

Full and Final Settlement

1. The host hereby acknowledges and agrees that the Participant has carefully read the waiver, that the host and their participants fully understands the same, and that the participant is freely and voluntarily executing the same.
3. The Host and Participants understands that by signing this Agreement, the Host and Participant agrees to be forever prevented from suing or otherwise claiming against the Organizer for any property loss or personal injury that the Participant may sustain while participating in or preparing for the above noted activity.

4. This Agreement contains the entire agreement between the parties to this Agreement and the terms of this Agreement are contractual and not a mere recital.

IN AGREEMENT the Participant has affixed their signature underhand prior to the start of their participation at Naturalma.

Retreat Host Name _____

Retreat Host Sign _____

NOTE: You will be required to sign a copy of the above Waiver upon arrival at the retreat. Accepting the Terms & Conditions during registration indicates you have read and accept the above.

We look forward to supporting you.

Love,
The Naturalma Team