

## **Client waiver retreat**

This retreat Client waiver, hereinafter referred to as "Client waiver," is made between the retreat organizer ("Organizer"), specifically as follows:

Sandra Mederer, an individual, who may be contacted as follows:

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Mona Hassan, an individual, who may be contacted as follows:

Address: Josep Irla 173/0/2, 08195 Barcelona

Website: [monahassan.co](http://monahassan.co)

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and you, as a user of this website and guest of the retreat ("Guest").

I recognize that a retreat may require physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I represent and warrant that I have no medical condition that would prevent my participation in the program. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in retreat. I am aware that it is advisable to consult a physician prior to participating in the Activity. If I have consulted a physician, I confirm that I have taken the physician's advice.

I understand my physical limitations and am sufficiently self-aware to stop physical activity before I become ill or injured.

I confirm that I am in proper physical condition to participate in the Activity, and am aware that participation could, in some circumstances, result in physical injury, serious physical injury or death.

I understand that although the Organizer may give specific advice or suggests it is my responsibility to make my own decisions and to take appropriate actions based upon those decisions.

I understand and accept that it is my responsibility to consult with a medical provider prior to participating in services offered by the Organizer and receive medical clearance and or approval to participate in such services. I declare myself to be responsible for my own health and safety while participating in services offered by the Organizer. I or my representative(s) agree to full release and hold harmless the Organizer from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with the retreat.

I understand that services offered by the Organizer do not serve as a substitute for counselling, psychotherapy, psychoanalysis, mental health, and primary care. Information and services offered and or received from the Organizer does not in any way constitute a medical diagnosis, medical treatment, or medical prescriptions.

I understand that information between the Organizer and I (the Guest) is confidential unless I state otherwise in writing. However, I understand that confidentiality is always subject to the usual exclusions dictated by British laws and regulations such as in the event of clear and imminent danger to self and others, or being legally subpoenaed.

I am aware that I can request a release of information to other health care providers and practitioners in writing. In addition I authorise disclosure of my client records for the purpose of my holistic practitioner's ongoing education process.

I understand the nature of physical contact in yoga training and holistic practices and I understand that I have the right to immediately withdraw from any practice in which the contact of any party makes me uncomfortable.

I agree that I shall not in any way conduct myself inappropriately or take inappropriate advantage of the contact yoga training and holistic practices allow.

I understand that I am free to withdraw from or reduce my participation in the activities, programs, and sessions at any time.

I acknowledge and understand that I am using the facilities at the retreat at my own risk. In consideration for being permitted to participate in services, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the services offered and/or my presence at the premises at which the Organizer operate.

In consideration for being permitted to participate in services, I expressly waive any claim I may have against the Organizer, its officers, employees, agents, contractors and/or affiliates collectively for injury or damages I may sustain arising out of my participation in services or my presence at the premises.

I expressly waive any claim of liability for personal/bodily injury or damages which occur to me, or anyone accompanying me. I also waive any claim for loss, damage or destruction of my personal property or the property of anyone accompanying me.

This agreement is intended to constitute a complete release of any responsibility by releasees for personal injuries and/or property loss/damage sustained by me or anyone accompanying me, while on the premises, whether engaged in the offered services or not.

I agree to indemnify and hold releasees harmless from any and all liability and damages incurred arising out of my conduct or activity (or the conduct or activities of those for whom I am responsible) while on the premises or participating in offered services.

I understand that I am free to withdraw from or reduce my participation in the activities and programs offered or sponsored by the Organizer at any time.

### **Coaching services to be provided:**

Coaching services will be provided throughout the duration of the retreat and if desired also some weeks after the retreat. Coaching — which is not advice, therapy or counselling — may address various topics such as setting up a coaching business, confidence, self-esteem, conflict resolution skills, emotional intelligence, alignment of values, work-lifestyle integration, victor vs. victim mindset, relationship changes, etc.

Throughout the coaching process all conversations between Coach and Client will be direct, personal and confidential. Client can count on Coach to be honest and straightforward, to ask probing and clarifying questions, as well as to empower Client's requests. The purpose of this coaching is to hold Client's focus on Client's desired outcome and to coach Client to stay clear, focused and always moving forward toward Client's desired goals. Client understands that the power of the coaching relationship can only be granted by Client and Client agrees to do that. If at some point in the future Client should come to believe that the coaching is not working as desired, Client agrees to communicate that to Coach and to take actions to return power to the coaching relationship.

### **Professional Ethics**

The coaching relationship will be governed by the ethics of professional coaching and Client recognizes that the observance of those ethics is crucial to the success of all services Coach provides. Professional ethics is a broad topic that includes personal conduct, professionalism and confidentiality, possible client referral to a therapist or consultant, and considerations regarding possible conflict of interest.

I understand and confirm I have read the above.

Date \_\_\_\_\_

Place \_\_\_\_\_

Name, Surname \_\_\_\_\_

Signature \_\_\_\_\_