

2026 MEDITATION RETREAT LIABILITY WAIVER

ASSUMPTION OF RISK, WAIVER, RELEASE OF CLAIMS AND INDEMNITY AGREEMENT

PLEASE READ CAREFULLY; by signing this document you will waive your rights, including the right to sue. Please clarify any questions you have and obtain any necessary independent advice before signing.

To: Vancouver Yogoda Meditation Society, also known as Vancouver Meditation Group of Self-Realization Fellowship, together with its members, affiliates, successors, heirs and assigns (collectively, the “Releasees”)

In consideration of the opportunity to participate in the meditation retreat (the “Retreat”) at 14100 Stave Lake Road, Mission, B.C. Canada V2V 0A5 (the “Khalsa Centre”) and affiliated services organized by the **Vancouver Yogoda Meditation Society, also operating as “Vancouver Meditation Group of Self-Realization Fellowship,” “SRF Vancouver Meditation Group,” and “SRF Vancouver”** (collectively the “Society”), I, the undersigned attendee (the “Participant”) acknowledge and agree to the following:

1. Informed Consent. I am the age of majority (19 years or older) in British Columbia, and I understand and agree that I am voluntarily participating in the Retreat and affiliated services offered by the Society.

Participating in the Retreat at the Khalsa Centre, includes but is not limited to scheduled meditation practices and teachings which may include sitting, standing and walking, outdoor meditation or other physical movement, which I may find strenuous or otherwise challenging.

2. Assumption of Risk. I understand and acknowledge that attending the Retreat involves exposure to certain risks, hazards and dangers inherent to my participation in the Retreat, including but not limited to:

- (a) injuries such as sprains, muscle strains, falls, slipping from the physical movement I participate in at the Retreat and/or medical conditions, such as exacerbation of pre-existing medical conditions, heart attacks, etc.;
- (b) Injuries from the outdoor/indoor surroundings at the Khalsa Centre;
- (c) damage to or loss of property;
- (d) allergies or sensitivities from food served at the Khalsa Centre or interaction with food brought by other participants;
- (e) accidents due to lack of supervision or assistance during the Retreat;
- (f) potential exposure to infectious diseases, including but not limited to colds, flu, or COVID-19, due to shared equipment and communal areas;
- (g) risks associated with local wildlife, such as, but not limited to, encounters with bears, cougars, insects, or other animals that may cause injury or property damage;

and any other hazards and dangers, whether foreseeable and unforeseeable, not specifically listed but reasonably associated with the Retreat, and I AGREE TO ASSUME THE RISKS OF EXPOSURE TO SUCH RISKS, HAZARDS AND DANGERS.

3. Health and Responsibility. I understand and agree that:

- (a) I am in good physical and mental condition to participate in the Retreat;
- (b) I will comply with the rules and regulations for the Retreat;
- (c) If I observe a significant risk, hazard or danger to me, I will remove myself from it and report the risk, hazards or danger to the attention of the Society or their representative immediately.
- (d) It is my responsibility to assess whether any activities at the Retreat are too strenuous or otherwise challenging for me, and I acknowledge and accept such responsibility and understand that I am free on my own initiative to withdraw from any part of the Retreat as I see fit for myself.

4. Informed Decision Regarding Consent. I HAVE SATISFIED MYSELF AND/OR WAIVED THE OPPORTUNITY TO OBTAIN INFORMATION NECESSARY TO MAKE AN INFORMED DECISION REGARDING CONSENT. I am aware that my involvement in the Retreat will involve various risks, dangers and hazards including the risk of personal injury, death or property loss from various causes and I freely accept and fully assume all risks, dangers, and hazards.

5. Release. In consideration of the provisions and my participation in the Retreat and affiliated services, offered to me and for other good and valuable consideration, I agree as follows:

- (a) **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Society and other Releasees and to release the Releasees from any and all claims and liability (except as prevented by statute) for any injury including death, loss, damage, cost or relief of any kind due to any cause whatsoever, including: claims resulting from, arising in connection with my participation in the Retreat offered by the Society including NEGLIGENCE; GROSS NEGLIGENCE; BREACH OF CONTRACT, VICARIOUS LIABILITY FOR ANY OTHER PERSON'S ACT OR OMISSION OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE ON THE PART OF THE RELEASEES, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, C.337
- (b) **I AGREE TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all claims or liability for any damage to property of, or personal injury to me resulting from their attendance at the Khalsa Centre or participation in the Retreat.
- (c) **I AGREE TO IMMEDIATELY** notify the Society if any injury, accident, or incident occurs involving me during my attendance at the Khalsa Centre, or participation in the Retreat activities.

6. This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, and personal representatives. In this Agreement, the masculine includes the feminine and the neutral genders and the plural includes the singular and vice versa. If any portion of this Agreement is found to be unenforceable or invalid, that portion shall be severed from this Agreement and the remainder of this Agreement shall be construed as though the unenforceable portion had never been contained herein;

7. I acknowledge and agree that no representations, warranties, conditions, promises or collateral contracts, expressed or implied, statutory or otherwise, made by the Society or any of the other Releasees to the Participant, whether before or after the signing of this Agreement, shall alter, modify, qualify or diminish any of the releases, waivers and assumptions of risks and liabilities made by me, the Participant, pursuant to this Agreement.

8. Important Legal Rights

- (a) I will **WAIVE AND GIVE UP IMPORTANT LEGAL RIGHTS** which I or my heirs, next of kin, executors, administrators and personal representatives may have against the Releasees, including the right to sue. I have been afforded a full and unconstrained opportunity to withdraw from participating in the Retreat, should I not wish to assume all of the dangers and risks associated with it, but I have freely and voluntarily elected to assume all of these dangers and risks, to give up important legal rights as set out in this document, and to participate in the Retreat. In entering into this Agreement, I am not relying upon any oral or written representations or statements of any kind made by the Releasees other than what is set forth in this Agreement.
- (b) I acknowledge and agree that the terms of this Agreement (including but not limited to the assumptions of risk, waivers of liability, indemnification obligations, and any representations made herein) shall survive the completion of the meditation retreat. These provisions shall remain in full force and effect indefinitely and shall continue to be binding upon me and my heirs, legal representatives, successors, and assigns, even after the retreat has concluded.

9. Photo and Media Release. I understand that photos or videos may be taken during the meditation retreat. By attending, I grant permission to the Vancouver Yogoda Meditation Society to use images that may include my likeness for the sole purpose of sharing on the Society's and Self Realization Fellowship website, newsletter, or display at the meditation centre.

10. Digital. I agree that this waiver may be executed and delivered electronically. I understand that my electronic signature has the same legal effect as a handwritten signature and is binding without the need for a witness.

The Participant's Acknowledgment and Signature

I have read and understand this agreement and agree to abide by the terms and conditions outlined herein. I am aware that by signing this agreement I am waiving certain legal rights which I may have against the Society. I acknowledge that I have had the opportunity to ask questions before signing.

This Agreement was executed on _____,

Participant's Full Name (PRINT): _____

Participant's Signature: _____