

Please read before completing your registration:

Meditation has many benefits and has been practiced for thousands of years to support well-being and spiritual growth. For most people it is a safe and valuable practice, but there are a few things you should know:

- Along with pleasant and uplifting feelings in meditation, as their practice matures, individuals may have uncomfortable and even painful insights and emotions as they get in touch with their inner experience. This is part of the development of insight meditation practice for many people. Your teacher can answer questions and offer guidance to help process these experiences if they arise.
- As well, some meditators may experience physical effects as they meditate, such as shaking, trembling or jerking, feelings of sinking or lifting, dizziness or feeling off-balance or light-headed, and so on. These are common, temporary physiological occurrences in meditation. Your teacher can also answer questions and offer guidance about these kinds of experiences.
- There are instances where meditation may not be recommended and may even be contraindicated. In some cases, meditation may aggravate or trigger underlying mental health conditions. Speak with a mental health professional who knows your circumstances prior to beginning a meditation practice if you are experiencing mental health or mood disorders, issues with trauma, or other significant emotional or mental health challenges.
- Meditation is not therapy and is not a substitute for medical diagnosis or treatment.

**Residential Retreat with Guy and Sally Armstrong and Jeanne Corrigan
June 1-8, 2024**

Meditation Retreat Liability Waiver

I hereby agree to the following:

1. I am participating in a residential meditation retreat in which I will receive information and instruction about meditation and/or related philosophy and teachings.
2. I recognize that as part of the meditation practice, I may also choose to do physical movement, such as sitting, standing and walking meditation which I may find strenuous. I represent and warrant that I have no physical or mental health condition that would prevent my safe participation in meditation classes.
3. I understand that meditation is an activity for personal growth which may help improve quality of life. I understand it is not therapy nor a medical treatment for mental, emotional or physical disorders or illness and is not a substitute for medical or psychological diagnosis or treatment.
4. In consideration of my participation in the meditation retreat, I understand I am expected to exercise my own judgment as I undertake this activity and assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in the program.
5. In further consideration of participating in the meditation retreat, I knowingly, voluntarily, and expressly waive any claim I may have against Calgary Insight Meditation Society and/or the Saskatoon Insight Meditation Community and/or their representatives, the instructor(s), and/or the owner or leaseholder of the building where the activity is taking place for injuries or damages that I may sustain as a result of participating in this retreat .

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above and will indicate so on the retreat registration form.