**VOLUNTARY PARTICIPATION AND RELEASE**

I acknowledge that I have voluntarily applied to participate in this retreat with Flowering Lotus Meditation.

1. **ASSUMPTION OF RISK**

I am aware that participating in this event may involve strenuous physical activities such as work meditation, yoga, stretching or movement classes, as well as risks walking on the grounds. I am also aware that this is a silent (unless otherwise stated), intensive retreat and that participants in such retreats (whether silent or not) may experience intense and unusual psychological, spiritual, and/or physical states of mind and body arising from the meditation and associated retreat activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risk of harm that may result from these activities.

1. **RELEASE**

As consideration for being permitted by Flowering Lotus Meditation to participate in these activities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue or attach Flowering Lotus, its affiliates, board members, employees, agents or volunteers or any of its affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor of Flowering Lotus or any of its affiliated organizations as a result of my participation in this retreat, except when an employee, affiliate, or agent of Flowering Lotus exhibits gross and intentional negligence or acts in a manner which is likely to lead to my harm. I hereby release Flowering Lotus and any of its affiliates from all actions, claims, or demands that I, my assigns, heirs, distributees, guardians and legal representatives, now or hereafter, from any claims of injury or damage resulting from my participation in this event.

1. **DISPUTE RESOLUTION**

Any dispute arising out of participation in this event shall be resolved solely as follows:

1. If you have a claim, you shall first attempt to resolve any dispute by negotiation between the claimant and the Board of Directors or a designated agent of Flowering Lotus. You shall submit your claim to the Board of Directors. Within 15 days after delivery of a written notice of a claim, you will receive a response. Within 45 days of your receipt of the written response, you and an agent of Flowering Lotus shall meet at a mutually acceptable time and location to resolve the dispute. You and Flowering Lotus will continue to attempt to negotiate and come to a resolution, for up to 120 days after your initial claim.
2. Any dispute which has not been resolved by such mediation within 120 days after the initial claim shall be finally resolved by arbitration before a single arbitrator in accordance with the CPR Rules for Non-Administered Arbitration and the Federal Arbitration Act.
3. **KNOWING AND VOLUNTARY EXECUTION**

I am aware that this is a release of liability and a contract between me and Flowering Lotus Meditation, its Board of Directors, and its affiliates, and I sign it of my own free will. I have read and understand its content.

**Signature Date**

**Printed Name**