

**SAHAJ MARG SPIRITUALITY FOUNDATION**  
Heartfulness Institute Retreat Center, AUSTIN, TX, USA  
RESIDENTIAL RETREAT RELEASE OF LIABILITY

Retreatant Name: \_\_\_\_\_

Retreatant Home Address: \_\_\_\_\_

Retreatant Cell Phone No.: \_\_\_\_\_

Retreat Arrival Date: \_\_\_\_\_ Departure: \_\_\_\_\_

**VOLUNTARY PARTICIPATION**

I acknowledge that I have voluntarily applied to participate at the Sahaj Marg Spirituality Foundation's ("SMSF") Heartfulness Institute Retreat Center, 11907 Jim Bridger Drive, Austin, TX 78737-4107.

**EARLY DISCHARGE OR DEPARTURE**

I agree to immediately vacate the retreat center property upon receipt of notice to do so by the caretakers or management of the Retreat Center. No explanation, reason or cause is necessary for my early discharge. I acknowledge that I am free to leave the retreat center at any time prior to the scheduled departure date. By doing so, I may not be permitted to reenter the retreat center to continue with my currently scheduled retreat.

**MEDICAL SERVICES**

I am responsible for my own medical needs including over-the-counter or prescription medications. I agree that if I suffer illness or injury, the SMSF management can, at my cost, arrange medical treatment, including arrangements for emergency medical transportation and services, as deemed essential for my safety. SMSF is authorized to share my personal medical information with the emergency medical services.

**ASSUMPTION OF RISK AND RELEASE**

In consideration of being accepted as a retreatant for this meditation retreat, I assume all risk of damage, injury, theft, loss of property or other loss resulting therefrom that may occur to me while retreating, practicing meditation, exercising or working at the retreat center, as well as risks associated with walking in the rural setting in which the retreat is held. I have read and agree to the retreat center policies, which are applied, for my benefit and safety. I am aware that this retreat has, in addition of the usual dangers and risks inherent, certain additional dangers and risks, some of which include: weather conditions subject to sudden and unexpected change, wildlife dangers, shared facilities, outdoors activities, general ranch activities, etc. and safety. I hereby agree that I will not make a claim against the SMSF, nor its officers, directors, agents or volunteers, for injury or damage resulting from acts, howsoever caused, as a result of my participation in this retreat. The undersigned retreatant releases SMSF, the owners of retreat center, any of the organization's officers, directors, caretakers, prefects, employees, members, agents, contractors or volunteers from liability and responsibility for any injury, property damage or loss of any kind incurred by the retreatant while the retreatant is at the retreat center, and shall hold SMSF harmless and agree to indemnify SMSF from any and all liabilities.

**KNOWING AND VOLUNTARY EXECUTION**

By signing this form, the retreatant also agrees that the venue for any claim brought by retreatant against SMSF, or any of the organization's officers, directors, employees, members, agents, contractors or volunteers shall be Travis County, Texas and that Texas law shall apply in all such matters. I confirm that I am over the age of 18 years. I have read and understand the terms and conditions of the Residential Retreat Release of Liability prior to signing it and I agree that this release will be binding upon my heirs, next of kin, assigns, executors, administrators, successors, guardians and personal representatives, and sign it of my own free will.

Date \_\_\_\_\_

Signature \_\_\_\_\_

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POLICIES

The following policies are meant to make retreatants stay at the ranch a safe one. They are also to help maintain the beauty and purity of this special space and respect for the surrounding neighborhood. These policies are to be strictly adhered to by everyone at the retreat center.

- Shoes and full-length pants are necessary at all times when walking on the grounds of the retreat center. They are needed for protection against insect bites, etc. Retreatants need to be prepared to deal with mosquitoes and chiggers. Everyone must take adequate precautions in the form of repellants, etc. Some repellants are available on site, but guests should bring their own as well.
- Approaching or feeding any animals on the retreat center is strictly prohibited. (In the case of deer, mother deer will reject their fawns if they detect human scent.)
- Retreatants must be alert to the possible presence of scorpions and snakes when walking on the grounds, especially when walking in the grass or shady areas.
- Parking is permitted only in the designated areas. Fire code restrictions prohibit parking in driveways where emergency vehicles would need passageway.
- Retreatants driving to and from the retreat center should not speed in the roads near the ranch. Please note that the speed limit on Kit Carson Road is 20 m. p. h. We must be especially cautious in driving on Jim Bridger Drive as there are frequently deer along the road.
- Most of the areas near the ranch are private. The privacy of the folks living near the ranch must be respected.
- Water must be used sparingly and everyone must take care not to waste it. For example, do not let the water run continuously while brushing teeth! Consider taking a traditional shower with bucket and pouring cup.
- Retreatants are required to stay on the retreat center property during the entire time of their scheduled retreat. If retreatants wish to leave the premises during their retreat, they will be required to get prior permission from the resident prefect.
- **Smoking, the consumption of alcohol or non-vegetarian food, or any form of drug usage that is not prescribed by a licensed physician** is strictly forbidden, and will mean automatic and immediate expulsion from the retreat program. That is, the retreatant will be required to leave the premises immediately!
- Please maintain an attitude of love, remembrance and brotherhood when at the retreat center, and preserve the atmosphere that Master has created there.
- Retreatants should wear appropriate clothing, and must respect the privacy and property of their fellow retreatants at all times.
- Retreatants are responsible for preparing their own meals. All meal shall be vegetarian.
- Retreatants will be accommodated in dormitory style facilities and will be responsible for cleaning up after themselves.