



AGREEMENTS OF PARTICIPATION IN "NEW MAN" retreat with Estera Saraswati

Please read mindfully and familiarize yourself with the following guidelines for participation.

After taking the decision to participate in our retreat, please print and email signed Agreements of Participation to zapisy@esterasaraswati.com giving the name of the retreat and date in the email title. Please also put your initials on the front page.

1. I understand that the retreat process focuses on development of consciousness and individual responsibility. Therefore, I understand that I am responsible for the nature of my experience and health. I am invited to do nothing contrary to my values and health condition as well as in opposition to my consciousness and personal boundaries. Thus I decide sovereignly which classes I take part in and to what extent.
2. I understand that everything that occurs during this retreat, from opening to closing circle, is a part of a transformational process of the event. I agree to bring everything into the circle and stay transparent and honest to myself and the group.
3. I agree to be coachable and I am open to feedback and direction from Estera Saraswati.
4. I agree to maintain confidentiality. This means not disclosing any individual's identities, stories, and experiences without their consent. I am free to speak about my own experience in the retreat.
5. I agree to request support, guidance and help using clear direct requests when I desire it.
6. I take responsibility for clearly communicating my boundaries. I will respect the boundaries that were communicated to me. I also take responsibility for the consequences of non-stating or communicating clearly my boundaries.
7. I agree not to gossip on the retreat and after about others, and to speak directly to the person I have an issue with. If someone attempts to gossip with me about others, I agree to support them to speak directly to a person concerned.
8. I agree to ask people if they want feedback before I give it to them, and at a time that is suitable for both of us.
9. I agree to show up to each session on time. In exceptional situations, if I feel like not coming for classes for any reason or I want to leave them, I will inform the organizer or assistant directly before having done it.
10. I agree to refrain from drugs, meat and excessive alcohol use during the retreat from opening to closing circle.
11. I understand that this retreat might explore sexuality. As an adult I agree to be responsible for my own sexual experiences and interactions with others. If I choose to act on my or other's desires, I will use clear direct verbal communication. I agree to stay transparent with my desires and actions to the group.
12. I agree to allow people to have their experience and not intervene unless they ask for support: i.e. not passing tissues or giving touch/hugs or advice that has not been requested.
13. I agree to speak to other people with respect and not to use verbal, emotional and physical violence, from the beginning to the end of the retreat. While expressing myself, I will talk only about my own needs and emotions, not other people's.



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- 14. I agree to take responsibility for my behavior and take care of harmonious social interactions taking a wider context into account, i.e. not to make loud noises outside a retreat temple, possible nudity to keep in a retreat temple, to allow other people to rest and stay quiet in the night, to take care of order and nice atmosphere in common spaces, take care of an environment (turning off the lights, also in common spaces as the last person, considerately using resources of nature etc), unless some issues will be presented by a facilitator otherwise during the retreat (eg: possible nakedness in the outdoors). In case of issues regarding a venue including accommodation and food, I will come with them directly to an organizer or an appointed person.
- 15. If at any time I feel that the retreat is not appropriate for me or I wish to leave the retreat, I agree to bring my concerns directly to a facilitator.
- 16. I understand that if I exceed or break these agreements, I may be compromising the value I could receive from this retreat or I may be asked to leave the retreat by a facilitator.
- 17. I understand that if I leave the retreat, as a result of my own decision or by breaking / exceeding the above agreements, the unused fee for the retreat and the venue is non-refundable. I agree to leave the venue and site immediately (no later than two hours after the decision is made).

I have read, understood and agreed to the above agreements listed on page 1 and 2.

Date of the retreat _____

Date _____ Full Name _____

LEGIBLE Signature _____

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