

Knowing Your True Nature Retreat Terms, Conditions, Participant Responsibilities, and Liability Release Agreement

TERMS AND CONDITIONS

Reservations and Payments

No reservation is confirmed until the applicable deposit, registration, terms, conditions, and *Participant Responsibilities and Liability Release Agreement* are received by Elena Salazar. Full payment for the retreat is due no later than **July 15, 2019**.

Cancellation/Refund Policy

All reservations and cancellations are accepted in writing only. \$200.00 is non-refundable. The remainder of the deposit (subtracting the \$200.00) will be refunded within 90 days of departure. After 90 days, all other refunds are shown as a percentage refunded from the total price. Within 60 days of departure, 80% is refundable; within 30 days of departure, 60% is refundable. Within 15 days of departure, 45% is refundable, less than 15 days prior to departure, 25% is refundable. In the case of cancellation by Elena Salazar at any time prior to the retreat, 100% of all payments are refundable.

Note: Elena Salazar is not liable for any additional expenses incurred if the retreat is cancelled (see *Travel Insurance* section below). Elena Salazar and its associates in Peru reserve the right to make changes to the itinerary, if necessary, due to unforeseen circumstances, for the safety and comfort of all participants or if need be, to cancel the trip at any time. If we cancel the trip, Elena Salazar and affiliates shall have no responsibility beyond the refund of money paid by the participant.

Travel Insurance

Travel Insurance is **not** provided as part of this trip. It is recommended that participants purchase their own travel and cancellation insurance. Please arrange this through your local insurance agent. Since Elena Salazar is unable to reimburse payments, other than as indicated above, insurance may provide invaluable protection in case you need to cancel for any reason. This should also provide cover if the retreat is cancelled due to unforeseen circumstances.

Not Included in the Price

Incidental food and beverages bought on the road or at non-meal times, dinners in Miraflores optional healing sessions with the shamans, any extra medicines personally prescribed by our jungle shaman, gratuities offered to guides and medicine people, airport taxes, expenses incurred because participants missed flights, etc.

Money

Currency: The currency of Peru is the Nuevo Sol. You will need cash in either Soles or U.S. dollars for the above mentioned. You will not be able to exchange dollars that have any tears, wear, or folds.

ATMs: Please notify your bank prior to your departure if you are planning to use your ATM card in Peru.

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TERMS AND CONDITIONS (CONTINUED)

Medical Advice

Participants must consult with their own physician regarding vaccinations and other medical matters. This is essential.

Documents

Participants must have a current Passport, which is valid for at least six months following your return and a photocopy of the page in your passport with your photograph. It is recommended that you carry an extra copy of this passport photocopy someplace other than with your passport, in case you lose your passport. A visa may be required for participants of some nationalities. Please consult your national authorities.

Please bring two hard copies of your passport and take a picture of your passport and send it to yourself by email so you can access it online.

Schedules/Flights

Itineraries, schedules, and programs are subject to change at any time. Shamans determine our ceremony nights. You have the right at any point to not drink and use the night for rest. We have scheduled the following arrival and departure activities:

- **September 1:** You arrive in Lima. A driver will be at the airport to greet you and taxi you to the Miraflores Hostel, where you will stay overnight. You can rest and shower at the hostel.
- **September 2:** You will be picked up in the morning for your flight to Pucallpa. Emilio and I will greet you at the Pucallpa Airport. We will take boat ride for lunch (lunch is included). After lunch, we will make our way to the Native Community of San Francisco (approximately a 45-minute trip), which is our landing place.
- **September 3:** In the afternoon, you will have an opportunity to purchase Shipibo textiles. Plant bath, Ceremony I
- **September 4:** Integration/share, plant bath, Ceremony II
- **September 5:** Day of rest
- **September 6:** Plant bath, Ceremony III
- **September 7:** Integration/share, plant bath, Ceremony IV
- **September 8:** Integration, sharing, walk through village, swim depending on energy and weather

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TERMS AND CONDITIONS (CONTINUED)

Schedules/Flights (*continued*)

- **September 9:** Ceremony V
- **September 10:** Integration/share, Ceremony VI
- **September 11:** In the morning, you will pack for departure, eat lunch in Pucallpa, and take a taxi to the airport for your return to Lima. A taxi will pick group up at Lima airport and take you to Miraflores, where you will stay overnight.
- **September 12:** Taxi pickup for ride to Lima Airport for your flight home.

Important: Be sure to keep the customs form that is returned to you in Lima, you will need this form in order to depart the country.

Note: If you are planning to purchase the beautiful textiles, please exchange enough money at the airport. You can purchase the textiles using U.S. dollars (cash only), or you can exchange money at the airport (small bills preferred). You will not have the opportunity to exchange money after you leave the airport. Large textiles cost approximately \$125.00 U.S. You will need approximately \$200.00 U.S. dollars converted to soles for your meals in Miraflores, textiles, and tips (suggested tip amounts are approximately \$20.00 U.S. for shamans and \$10.00 U.S for cooks; tip per your discretion).

Everyone will have a consultation with the shamans. We will have Flower bath (banos). Plant diet is included. Your plant will be determined by shamans.

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PARTICIPANT RESPONSIBILITIES

Each participant must take responsibility for his/her own actions during the retreat. I can only make suggestions and recommendations. Please read these recommendations carefully prior to joining the retreat.

Water

The tap water anywhere in Peru contains different bacteria than the water in the United States. Our bodies are not accustomed to this. Drinking the water can make you sick. Please drink and brush your teeth with only bottled water for which *you* have broken the seal. Don't forget to avoid ice with your drinks, even on the plane in and out of the country.

Vaccinations

Elena Salazar cannot recommend any vaccinations or medications for you to take. Please consult your own health care professional regarding this matter.

Risks

You should be fully aware of the risks involved with the retreat (see the *Liability Release* section below). As a participant, you must take responsibility for your own actions and decisions. Everything during the retreat is optional and you may choose not to participate in any aspect of it. Please consider each activity carefully and recognize the risks involved as well as your own personal responsibility for the consequences.

Missed Flights

Please allow plenty of time for checking in and boarding your flights. Connecting with the group later may be difficult and expensive. If for any reason, your flight is delayed (including, weather and other airline delays) and you are unable to connect with the group at the designated time, or make your connecting flight, any and all expenses (for example, sending a separate bus/boat to pick you up after the group has departed for/from the lodge) incurred by you to connect later with the group are the sole responsibility of the participant. Likewise, any additional expenses incurred by Earth Spirit Yoga or the Amazon lodge to accommodate such delays are also the responsibility of the participant.

I agree to the terms, conditions, and participant responsibilities described above.

Signature _____ Date _____

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LIABILITY RELEASE

This form must be signed, witnessed, and returned with registration.

I will be attending an ayahuasca retreat conducted by Elena Salazar. This retreat will take me to Peru as described in the program.

I understand that there will be ayahuasca ceremonies. I accept complete responsibility for attending said ceremonies and do not hold Elena Salazar or the facilitators of said workshops/ceremonies responsible or liable in any way for any damages, injuries, diseases or problems that result or may result directly or indirectly from the workshops/ceremonies or from any other experiences or aspects of the retreat or workshops/ceremonies. That includes but is not limited to any and all damages prior to, during, or subsequent to said workshops/ceremonies. Elena Salazar does not encourage these activities and it is at the sole discretion of the participant if they chose to participate.

I understand that Elena Salazar is responsible for making certain arrangements prior to arriving at the retreat, but that Elena Salazar is not responsible for any aspects of the trip, either prior to or following the retreat, other than the retreat itself beginning upon arrival at the lodge. The out of country trip, including all transportation, lodging, food, water and work of the local people and institutions, is the responsibility of local out of country organizations/guide service. I understand that said retreat will take me to places far removed from hospitals, doctors, and other facilities and that there are numerous risks and dangers involved in this retreat.

I hereby agree that I, my heirs, legal representatives, or any member of my family will not make any claim against or sue Elena Salazar (either individually or collectively), her heirs, legal representatives, or members of her family, for bodily injury, death, psychological, emotional, or property damage resulting from my participation in said retreat and workshops/ceremonies. I hereby release and discharge Elena Salazar from any and all liability arising from my participation in said retreat and workshops. Said discharge of Elena Salazar includes any and all liability that may arise out of any negligence or carelessness on the part of any and all individuals to include out of country or other foreign nationals or organizations, travel agencies, other participants, authorities, hospital, doctors, airplane and other vehicle owners and operators to include providers of lodging, food, medical attention and any and all parties involved in providing goods and services associated with the retreat. In signing this agreement, I also state that I have disclosed any and all medical conditions on my registration form that are pertinent to participating in the physical aspects of the retreat. I also agree to allow Elena Salazar to use photos, which may include myself as a participant for promotional purposes at her discretion.

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LIABILITY RELEASE (CONTINUED)

Participant's Signature:

Signature _____ Date _____

Name (please print) _____

Witness' Signature

Signature _____ Date _____

Name (please print) _____

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IMPORTANT INFORMATION

Dieta

A time-honored aspect of seriously focused work with ayahuasca is a special diet serving to cleanse and prepare the body, mind, and spirit to open widely to the positive healing energy of Mother Ayahuasca.

Observing the traditional diet, you will abstain alcohol, salt, refined sugar, red meat, animal fat, excessive oils, hot spices, and sexual activity from three days before until fifteen days after the final ayahuasca ceremony. Pork, alcoholic beverages, and other contraindicated drugs and substances should be abstained from two weeks before to fifteen days after work with ayahuasca. Though posing no special risks (except fermented alcohol, some drugs/medications, and pork), these foods and condiments are abstained to purify the body, mind, and spirit and clear the senses to prepare you for the deep cleansing and holistic benefits of ayahuasca and other Amazonian plant medicines. I recommend coffee not be consumed from 12 hours before to 12 hours after taking ayahuasca. All these substances may interfere with one's sensitivity and uptake of ayahuasca so they are limited or abstained to heighten one's receptivity to the medicine.

Respecting the dieta also demonstrates the sincerity of your intention and helps to heighten your sensitivity to the plant medicines. Temporary abstinence from sexual activity, including masturbation, is an important aspect of the dieta. This offering to the spirit of ayahuasca conserves essential energy and helps to guide your mental and spiritual focus in more esoteric realms. Many people find their libido enhanced following work with ayahuasca. Abstinence from sexual orgasm is also an integral part of this diet. This is an important required for two reasons: (1) sexual abstinence conserves vital energy needed to engage the challenges ayahuasca sometimes poses; and (2) temporary sexual abstinence from sexual activity and thoughts allows one to focus on the more profoundly spiritual dimensions of one's being.

It is said in the Amazon that ayahuasca has a jealous spirit. This is a culture-bound concept which often seems strange to the western mind. How could a plant considered sacred also be jealous? One has to step outside the usual human concept of jealousy to understand what is meant by this. It simply means that the conscious spirit of ayahuasca desires our undivided attention when in Her presence. Temporary sexual abstinence might also be seen as an offering of one's higher intention to the Divine. Human sexuality is a dynamic aspect of the human nature and spiritual experience, and it often blossoms beautifully after work with ayahuasca. This is especially so if this aspect of the diet is respected. Everything in the diet is a choice, and one answers only to themselves and the medicine in whatever decision they make. Pork is considered to be impure because of what pigs eat and is not eaten by diligent ayahuasca practitioners.

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IMPORTANT INFORMATION (CONTINUED)

Dieta (*continued*)

IMPORTANT NOTE: In reviewing this information from the U.S. Poison Control Center, be aware it is written by medical authorities as precautionary measures for those taking pharmaceutical monoamine oxidase inhibitors. These generally pose greater risk from dietary or substance interactions than does ayahuasca which is considered to be a mild monoamine oxidase and serotonin re-uptake inhibitor.

Ayahuasca and Sexuality

Abstinence from sexual stimulation and orgasm is a traditional aspect of the ayahuasca diet. This does not imply long-term celibacy but reflects the benefits of conserving dynamic sexual energy for investment in the rigors of cleansing, healing, catharsis and rebirth. This temporary abstinence also enables one to focus more purely on the powerful spiritual, intellectual, and curative dimensions of the ayahuasca experience. Actually, ayahuasca enhances human sexuality in many ways. Were it not for this temporary abstinence, it would be very easy to lapse into a purely sexual orientation which would greatly interfere with the far more profound aspects of the medicine. There is a good reason for all aspects of ayahuasca tradition which has evolved over countless generations. It is presumptive and arrogant to believe that westerners can discover ayahuasca and in a few years do it better than people of the Amazon have done it for hundreds or even thousands of years. For this reason we respect the old traditions and honor the wisdom of the ancients. Many Amazonian curanderos believe the spirit of ayahuasca to be 'jealous' of human sexuality during communion with her. This simply means that she may withhold her deeper blessings if one does not demonstrate respect and commitment by focusing their whole essential energy on her. They also believe that ethereal spirits are intrigued by corporeal human sexuality and are more attracted to those radiating unspent sexual energy, thus empowering one's connection with the healing spirits.

We urge abstinence from sexual activity for at least three days prior to the first ceremony continuing for fifteen days after the last ceremony. Too quick a return to normal sexual activity can diminish the power and duration of the positive benefits of ayahuasca. It is a small price to pay for potentially enormous lasting benefits. Diversion of focus from spiritual cleansing and healing to sexuality is detrimental to personal goals in working with ayahuasca and may be disturbing to others in attendance. Successful work with ayahuasca requires focus, will, and self-control to achieve the desired results. When the diet ends, one is free to pursue a healthy sex life according to their nature, often with new meaning and vitality.

Menstrual cycle: In the old indigenous traditions, women in the flow of their menstrual cycle were not permitted to drink ayahuasca. This is an ancient prescription rooted in safety considerations rather than sexism. It is believed that consumption of ayahuasca by a woman in menses can cause excessive blood flow, though discomforts are rare. We can talk to the shaman and see if he sees if you are at risk.

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IMPORTANT INFORMATION (CONTINUED)

Packing List

The Amazon climate is tropical and mild year-round. The weather ranges from sunny to partly cloudy or overcast, with daytime highs in the '80's F (27-30 C) and night lows in the '70's F (20-25 C). It typically rains every other day or so, usually showers of short duration. Consider packing the clothing and personal items listed in this section.

Clothing Items:

- Light weight sturdy water resistant walking or hiking shoes for outings
- Flip flops
- Socks and underwear
- Sleeping and traveling clothes
- Light weight rain poncho
- Swimming attire (may have chance at river)
- Long pants
- Shorts (light weight or quick dry)
- Long-sleeve light-weight shirts, sweatshirt, t-shirts or tank top
- White or light-colored top for ceremonies (no black or red)
- Sunglasses
- Sun hat

Personal Items:

- Mosquito repellent, organic options recommended
- Ziploc bags to protect belongings from moisture and water digital camera (a good point-and-shoot camera is recommended)
- Cover for your pack or luggage if raining while transfer
- Daypack (small back pack)
- Sunscreen

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IMPORTANT INFORMATION (CONTINUED)

Packing List (*continued*)

Personal Items (continued):

- Toiletries
- Dental care items
- Lip balm
- Comb/brush
- Personal soap and shampoo (biodegradable)
- Light wash cloth and bath-size towel
- Anti-diarrheal medication (Motril is effective in most cases)
- Compact personal first aid kit
- Travel pillow
- Water bottle
- Headlamp or flash light with extra batteries
- Earplugs
- Journal and pen, book, drawing materials
- First aid supplies (gastro and anti-diarrheal tablets, etc.)
- *Ladies:* tampons or sanitary towels (whether or not your period is due; as your body purifies with the plant medicine, menstruation is possible)

Please do not bring any valuables.