

Insight Meditation Center
108 Birch Street, Redwood City, CA 94062

PARTICIPATION AGREEMENT AND LIABILITY RELEASE

I voluntarily agree to participate in the following Insight Meditation Center (IMC) activity:
a meditation retreat at [Jikoji Retreat Center, September 25 to September 27, 2009](#).

Assumption of Risk. I fully realize that this activity may involve strenuous physical activities including, but not limited to, meditation, yoga, hiking and other movement activities, and work (e.g., in the kitchen). I am also aware that such activities as silent, intensive meditation may involve intense and/or unusual psychological, spiritual and emotional states of mind. I am voluntarily participating in these activities with full knowledge of all of the risks involved and agree to accept any risk that arises as a result of my participation.

Release of Liability. In consideration for IMC allowing me to participate in these activities at facilities owned, rented, or otherwise procured by IMC, I agree that neither I nor anyone acting on behalf of me, my heirs and/or assignees will seek any claims including, but not limited to, lawsuits or attachment of IMC property, for injury or damage resulting from negligence or other acts by anyone working directly or indirectly for IMC, except for gross or willful negligence. I release IMC from all actions that I and/or anyone acting on behalf of me and/or my heirs or assignees may have for injuries or damages I incur from my participation in these activities.

Knowing and Voluntary Execution. I have carefully read this agreement and fully understand its contents. I sign it of my own free will, knowingly accepting my assumption of risk and the release of liability.

Signature

Printed Name

Date

(revised 2/07)