



## THE INNER SHIFT INSTITUTE PRIVATE AND GROUP RETREAT AGREEMENT

Since the beginning of our retreats in 2018, we have found that there is a need to create clear rules and guidelines for our guests. The following Terms and Conditions have been designed as a result of our practical experience, and serve to prepare our guests for a positive and safe experience in ceremony and in a retreat as a whole.

The Psilocybin used at our retreats and sessions was locally grown in the Netherlands.

The facilitators administering the Psilocybin will use their experience to advise upon and adjust the dose for each participant individually. The effects of Psilocybin may include temporary changes in your perception of reality and way of thinking, visions (of abstract motifs or clearly identifiable images and scenarios), heightened negative and positive emotions, access to detailed memories that you had forgotten, paranormal phenomena, the emergence of fears or difficult emotions which can be processed with the help of one of our experienced practitioners (some of which may be associated with blockages in the body causing pain and tension), introspection, and perinatal or transpersonal experiences (in which you may experience your own death and rebirth).

On a physical level, you may experience nausea, chills, tingling, ringing in the ears, dizziness, tremors, sweating, ataxia, and, in rare cases, fainting. Sometimes, especially if you have not taken Psilocybin before, you may not notice any visionary effects. If that happens, it does not mean the Psilocybin is not having an effect on other levels. It is also possible in rare cases that the psilocybin has no effect at all, again it does not mean the Psilocybin is not having an effect on other levels that you may be unaware of. The Psilocybin experience is not linear, but rather it passes through different phases, some more pleasant, even euphoric, and others more difficult.

Psilocybin works to integrate unresolved aspects from the past that have arisen typically from social conditioning, trauma, emotional loss, neglect, abuse, and general emotional and psychological difficulties. During and after ceremonies it is not uncommon to experience emotional, psychological, and physical discomforts, which are typically symptoms of the healing process as Psilocybin helps you to integrate issues from the past that have been trapped in your system. The facilitators are committed to protecting your physical and emotional security, integrity, and privacy throughout the process, and intend to provide you with the



psychological and physical support you need during the preparation phase, the ceremonies themselves and the period afterwards. We have an emergency protocol and commit to provide any necessary support should the need arise.

Your participation in the ceremonies is entirely voluntary and you are free to opt out, if you wish, before the start of the ceremony. If you decide upon opting out of the ceremony refunds or discounts are not offered at this late stage and full participation in the integration parts of the retreat is both encouraged and still very beneficial without journeying with psilocybin, again this decision is at your own discretion. You must follow the instructions of the facilitators at all times so that your safety and the safety of others is not jeopardised.

The facilitators may, at any time, decide to exclude you from participation in a ceremony for any perceived impairment in your physical or psychological health that risks leading to problems for you during the ceremony, or if you do not meet the requirements for participation for any other reason.

Working with Psilocybin is not a substitute for medical, psychiatric, or psychotherapeutic treatment, but may complement a therapeutic process and facilitate personal development. If you are currently receiving treatment of any kind or taking any medication, you must provide the full details of your situation prior to booking a retreat, whether private or group. If you agree to participate in a retreat experience with the Inner Shift Institute, you will be required to complete a medical form and questionnaire. You must answer all questions honestly and disclose any relevant personal information about your health.

By accepting these Terms and Conditions, you also agree to the following Declaration, wherein "I" refers to "You", the participant in the retreat. You will be required to sign a copy of the following Declaration and Terms and Conditions upon arrival at a retreat or session with The Inner Shift Institute.

#### DECLARATION

- ❖ I am aware that participation in a retreat and ceremonies with the Inner Shift Institute involves the use of Psilocybin.
- ❖ I understand that taking these plants may involve emotional, psychological, and physical reactions, and I agree to take part and abide by the Terms and Conditions in this document and any other instructions given orally or in writing.
- ❖ I declare that I am choosing to participate of my own free will and have not



been coerced into participating in a retreat or session by the organisers or by any other person. The decision to participate is mine alone, and is based on my own personal assessment of the effects, the exclusion criteria, the potential risks and benefits, the focus of the ceremonies, and the team of The Inner Shift Institute.

- ❖ The Team of The Inner Shift Institute has explained to me what to expect from the retreat or session and how it is intended to proceed. I am aware that I can ask questions about the ceremonies at any time and can change my mind about participating at any time before the ceremonies begin during the retreat.
- ❖ I agree to answer all questions honestly during the screening process, and understand that I must complete all medical questionnaires and respond to all follow up questions in order to participate in a retreat. I agree to provide all relevant information regarding my medical history, mental and physical health, and any other information that may serve to protect my health during this process.
- ❖ I have made the confidential disclosures requested by the Organiser and these are honest and accurate regarding my needs and condition(s). I understand that these will be kept in the strictest confidence. I reiterate my understanding of this by signing this form.
- ❖ I accept full responsibility for participating in a retreat and in ceremonies with The Inner Shift Institute.
- ❖ I understand and agree that I can be excluded from participation in a retreat or ceremony at the discretion of the facilitator.

### TERMS AND CONDITIONS

This agreement is between Consciousness Rising Org VOG (the Organiser of The Inner Shift Institute Retreats and Ceremonies) and You (the Participant).

The Inner Shift Institute operates under the umbrella of Consciousness Rising as a subsidiary entity.

The present terms and conditions are subject to the law applicable in the Netherlands. Consciousness Rising Org will not be responsible for any change on the terms and conditions needed by the rules and regulations approved by the Government, Parliament or Health Authorities. All the terms and conditions can suffer changes due to the situation of the country regarding the pandemic COVID-19.



By booking a Retreat with Consciousness Rising you agree to all of the following items listed:

1. The Participant agrees to take part in Psilocybin with the Organiser, has been advised that Psilocybin is a visionary plant, and is clear on the meaning of this, whether in group retreats or private retreats organized by Consciousness Rising.
2. The Organiser will do their utmost to ensure the safety and comfort of the Participant within the remit of the retreat. The Participant, in turn, agrees to exercise caution and consideration for themselves and for others during this event, and indemnifies the Organiser against claims for injury or loss.
3. The Participant agrees to respect all individuals at all times. Overt negativity or disruptive negativity detracts from the experience of the others.
4. The Organiser reserves the right to expel any individual who is acting in an excessively negative manner or disrupting the group, staff, and/or shamans, without prior notice, responsibility for a refund, or providing accommodation outside of the retreat.
5. If a Participant's behaviour presents a threat to the safety of themselves or others, the Organiser reserves the right to physically restrain the Participant and/or expel them from the retreat without prior notice, responsibility for a refund, or providing accommodation outside of the retreat. Restraint will be conducted as gently as possible and with respect for the dignity of the Participant.
6. Sexual activity between Participants and/or staff is prohibited. This does not include couples that join together.
7. The Participant, prior to entry into this Agreement, agrees to obtain health or medical advice as to the effect of plants singly and in combination with any medication they are taking.
8. The Participant agrees that they are in a physical and mental condition appropriate to the activities described in this retreat and agrees to participate at their own risk. The responsibility for taking accurate and timely health precautions and professional medical advice is with the Participant.
9. The Participant agrees to full disclosure with Organiser, in writing, regarding their health history, medical conditions, and any medications they are taking, prior to booking.
1. The Participant agrees to notify the Organiser of any change in their medical circumstances and understands that withholding medical information could be dangerous to their health.
2. The Organiser is not responsible for the personal decision of any guest to stop taking medication or change their medication schedule, and accepts no



liability for any adverse effects from withdrawal from any medication.

3. The Participant confirms that they have not been diagnosed with any psychotic disorder, including schizophrenia, schizophreniform, schizoaffective, delusional, or bi-polar disorder.
4. The Participant understands and agrees to adhere strictly to the required drug, and pharmacological restrictions required by Consciousness Rising for at least two weeks prior to the first ceremony and for at least two weeks following the last ceremony. The most fundamental restrictions are street drugs (cocaine, ecstasy, LSD, etc.).
5. If the Participant does not adhere to these Terms and Conditions as well as all restrictions required by Consciousness Rising Org, the Organiser will not be held liable for the consequences (which can be severe psychological and energetic damage), and reserves the right to expel the Participant without prior notice, responsibility for a refund, or providing accommodation outside of the retreat.
6. If the Participant is found to possess prescription drugs that have not been approved by the Organiser prior to their arrival, street drugs, or alcohol, the Organiser reserves the right to deny them entry to the retreat or expel them from the retreat without prior notice, responsibility for a refund, or providing accommodation outside.
7. The Organiser is not liable for the injury of any Participant that may occur during or after the retreat. By participating in a retreat of The Inner Shift Institute and accepting this Agreement, the Participant expresses full understanding of and responsibility for the risks that they may encounter during a retreat. The Participant absolves The Inner Shift Institute, its owners, and employees of said responsibility. Any legal action taken against The Inner Shift Institute will only take place in Netherlands under Dutch Law.
8. In the case of a medical emergency during a retreat, the Participant will be accompanied by a Consciousness Rising Org representative to a medical facility nearby the location of the retreat or session for treatment.
9. The retreat balance must be paid in full at least 4 weeks prior to the start of the retreat to guarantee a reservation.
10. Once a registration is approved, retreat payments are non-refundable.
11. Should the Participant decide to cancel their reservation more than 12 weeks prior to the start of the retreat, the Participant may transfer to a different program or transfer their payment to personal credit to be used for a future program in the next year.
12. Should the Participant decide to cancel their reservation within 8 weeks of the start of the retreat, the Participant may transfer to a different program or



transfer their payment to personal credit to be used for a future program in the next 2 years if available if a replacement participant is found. The Organizer will try their best to do so.

13. Should a Participant decide to leave a retreat prematurely, for any reason, the Organizer is not responsible for the reimbursement of monies or for denouncements by the attendee.
14. Consciousness Rising is not a medical facility and no health care is practiced under its direction. Its owners and employees are not health care professionals and do not practice health care of any form. We do not offer: 1. Advice, diagnosis, prescription, or administer or apply any means destined as health care, even if it is offered without charge. 2. Tests or information designed to support a diagnosis, prescription, or administration in reference to number 1.
15. Consciousness Rising Org will not be held liable for the non-fulfillment or faulty fulfillment of the obligations assumed in the relation established with the guests, in the exact measure where they result from the occurrence of extraordinary or unpredictable situations, external to the will of the contracting parties and that cannot be controlled by them, such as war (declared or undeclared), riots, civil insurrection, natural catastrophes, general nationwide or international strikes, fire, floods, explosions, threats or terrorist acts, epidemics and other situations beyond the organisations control which prevent or hinder the fulfillment of the obligations assumed. In case of occurrence of any of the aforementioned situations, Consciousness Rising will immediately inform the guest of the impediment and will look for a consensual solution.

## PRIVACY AND SAFETY POLICY

Who is responsible for processing your data?

Consciousness Rising Org, Käkert 8, 4837 Membach, Belgium, is responsible for the processing of your personal data.

Why is your data collected and handled?

Your data is collected by Consciousness Rising Org for the completion of the purchases and sales through our online platform or bank transfers and will not be



used for any other purpose.

If necessary, your data can also be used for fulfillment of legal obligations or legitimate interests of Consciousness Rising, as well as for the execution of a defined contract.

Will your data be shared?

Consciousness Rising does not share your personal data with any third parties without informing you in advance. We share your personal data with third parties to help us use your data. For example, we use Stripe as a payment gateway for our reservation platform – you can read more about how Stripe uses your personal data [HERE](#).