

Tinos Playshop Participant Waiver, Release & Terms

I. Parties and Event Description

This Participant Waiver, Release of Liability, and Assumption of Risk Agreement ("Agreement") is made between **Life Coach Eirini** (the "Host"), and the undersigned participant ("Participant").

The Host is conducting a life coaching retreat known as the "me2morph Playshop" (the "Playshop"), to be held on the island of Tinos, Greece, for approximately four (4) days and three (3) nights, on dates to be announced. The Playshop is open to adult women participants from the United States and Greece.

II. Nature of Activities

The Playshop will include deep breathing, meditation, yoga, reflective and coaching sessions, and other group discussions and exercises designed to help Participants explore personal growth and self-awareness.

During unscheduled hours, Participants may engage, at their own discretion and expense, in optional recreational activities such as swimming, hiking, sightseeing, or other leisure pursuits ("Independent Activities").

III. Voluntary Participation

The Participant acknowledges that participation in the Playshop is entirely voluntary, and that she may withdraw at any time. The Participant represents that she is in good physical and mental condition to participate in the Playshop and related activities.

IV. Acknowledgment and Assumption of Risks

The Participant understands and acknowledges that participation in the Playshop and related activities involves inherent and foreseeable risks, including but not limited to:

- Physical exertion, strain, or injury arising from yoga, breathing exercises, or meditation;
- Use of a swimming pool without a lifeguard on duty;
- Environmental hazards, slips, or falls at the venue or surrounding areas;
- Illness, allergic reactions, dehydration, or adverse weather conditions;
- Risks associated with travel to and from Greece and within the island of Tinos;
- Limited availability of medical services;
- Risks arising from Independent Activities undertaken on the Participant's own time.

The Participant knowingly and voluntarily assumes all such risks, whether known or unknown, foreseen or unforeseen, and accepts full responsibility for any personal injury, illness, death, loss, or property damage arising from participation in the Playshop or related travel.

V. Release and Waiver of Liability

In consideration of being permitted to participate in the Playshop, the Participant hereby releases, waives, and forever discharges the Host, her agents, employees, independent contractors, volunteers, representatives, successors, and assigns (collectively, the "Released Parties") from any and all claims, demands, actions, or causes of action arising out of or related to any loss, injury, damage, or death that may be sustained by the Participant, whether caused by the ordinary negligence of the Released Parties or otherwise, to the fullest extent permitted by law.

This release does not apply to claims arising from the gross negligence or willful misconduct of the Host.

VI. Hold Harmless and Indemnification

The Participant agrees to indemnify, defend, and hold harmless the Released Parties from and against any and all claims, losses, liabilities, damages, or expenses (including reasonable attorney's fees) arising out of or related to (a) the Participant's participation in the Playshop or Independent Activities, or (b) the Participant's violation of any law or third-party rights, except to the extent caused by the Host's gross negligence or willful misconduct.

VII. Medical Treatment and Insurance

The Participant authorizes the Host or her representatives to obtain emergency medical treatment if necessary and agrees to assume full financial responsibility for any related expenses.

The Participant affirms that she carries adequate medical and travel insurance to cover any illness, injury, or loss that may occur, and understands that the Host provides no such insurance.

VIII. Personal Conduct and Compliance with Laws

The Participant agrees to act respectfully toward others, to comply with all safety instructions provided by the Host, and to adhere to all local laws and regulations of Greece. The Host reserves the right to dismiss any Participant for disruptive or unsafe behavior, without refund.

IX. Photo and Media Release (Optional)

The Participant grants the Host permission to photograph or record images during the Playshop and to use such materials for promotional or educational purposes.

■ Check here if you do not consent to being photographed or recorded. ■

X. Governing Law and Jurisdiction

This Agreement shall be governed by and construed in accordance with the laws of the State of New York, U.S.A., without regard to its conflict of law principles.

Any dispute arising under or related to this Agreement shall be brought exclusively in the state or federal courts located in Westchester County, New York, and the Participant consents to such jurisdiction.

XI. Severability and Entire Agreement

If any provision of this Agreement is found invalid or unenforceable, the remaining provisions shall remain in full force and effect. This document constitutes the entire agreement between the Host and Participant regarding liability and risk, and supersedes all prior discussions or representations.

XII. Acknowledgment of Understanding

By signing below, the Participant acknowledges that she:

- Has carefully read and fully understands this Agreement;
- Has had the opportunity to ask questions and seek legal advice;

- Is voluntarily signing this Agreement;
- Understands that she is giving up certain legal rights, including the right to sue for ordinary negligence.

Participant Name (print): _____

Signature: _____

Date: _____

Email / Phone: _____

Emergency Contact (Name & Phone): _____

Host: Life Coach Eirini (Irene Metaxas d/b/a me2morph)

Address: Katonah, New York, U.S.A.

Signature (optional): _____

Date: _____

Additional Terms and Conditions

1. It is the responsibility of the Playshop participant to make their own flight arrangements and check that their own travel dates align with the Playshop dates. Life Coach Eirini (Irene Metaxas d/b/a me2morph) is not responsible for flight costs. Participants are encouraged to obtain adequate travel, cancellation, and medical insurance for the duration of the trip.
2. Participants will be respectful of other Playshop participants, innkeepers, and the villa premises at all times, especially regarding any personal information shared.
3. If the Host is unable to conduct the program or any part of it due to illness, bereavement, or other unforeseen circumstances, a pro-rata refund of the Playshop cost will be returned to participants. The refund will be calculated in good faith by the Host based on the portion of the program and activities affected.
4. The Host reserves the right to change itineraries, activities, or facilities at her discretion, including accommodation substitutions if necessary.
5. Participants must notify the Host of any existing medical conditions and participate only to the degree they are medically and physically able. Those with pre-existing injuries or illnesses should consult a doctor prior to travel. The Host is not liable for any injuries arising from participation in Playshop activities or use of the venue pool. Each Participant is responsible for stopping and resting if she experiences pain or sickness.
6. The Host is not responsible for loss, damage, or theft of personal possessions or valuables.
7. Participants should inform the Host promptly of any concerns regarding the program so they can be addressed effectively.
8. The Host is not responsible or liable for injuries or damages incurred from services rendered by third parties. Participants engage such services at their own discretion.
9. The Host will not be liable for any failures beyond her control, including natural disasters, war, acts of God, airport closures, civil strife, or third-party failures.
10. The Host accepts no liability for loss, damage, injury, or illness incurred during the stay in Tinos or while traveling to and from the Playshop.