



Retreat Participant Agreement

Host: Christine Claudia Fosberg, NIE Y0631638A

Address: C/ Mar Jonico 27, 11380 Tarifa, Cádiz, Spain

Email: info@christinefosberg.com

Phone: +34 634500755

Retreat: Rise in Resilience – Women’s 4-Day Empowerment Retreat

Dates: October 22–25, 2026

Location: Guaro, Málaga, Spain

This Agreement (“Agreement”) is entered into between the Retreat Host, Christine Fosberg (“Host”), and the individual participant (“Client”). By registering for and attending the above retreat, the Client agrees to the following terms and conditions:

1. Retreat Inclusions

This 4-day, 3-night retreat includes accommodation in shared glamping bell tents with two separate single beds per tent, unless single occupancy has been booked and confirmed separately.

It also includes all meals and snacks provided as part of the retreat, use of the venue’s shared facilities, and all scheduled group retreat sessions and activities.

These may include, but are not limited to:

- four 9D breathwork journey
- daily somatic movement and breath practices
- sound bath / sound journey
- waterfall hike with optional swim
- opening and closing circles
- virtual group integration journey after the retreat
- one 1:1 integration session with Christine after the retreat

Optional add-on treatments or services offered by team members are not included unless separately booked and paid for.

Transport to and from the venue is not included.

The Host reserves the right to make reasonable changes to the retreat schedule, activities, facilitators, or program if necessary.

2. Payment Terms

A non-refundable **300€ deposit** is required to secure the Client's place. This deposit forms part of the total retreat price.

Pricing tiers are:

- **Early Bird – 950 €** until July 1, 2026
- **Lazy Bird – 1.070 €** from July 2 to October 1, 2026
- **Last Minute – 1.150 €** from October 2 to October 20, 2026

A **single occupancy supplement of 179 €** applies where available and confirmed.

The Client may choose one of the following payment options:

Option 1:

Pay the non-refundable **300€ deposit** at the time of booking, with the remaining balance due in **one final payment** no later than **August 27, 2026**.

Option 2:

Pay the non-refundable **300€** deposit at the time of booking, followed by **2 further instalments**. All instalments must be paid on time, and the full balance must be received no later than **August 27, 2026**.

If a payment plan is agreed, the instalment dates and amounts will be confirmed by the Host in writing.

If payment is not received by the relevant due date, the Host reserves the right to cancel the booking and retain the deposit.

3. Cancellation Policy

The deposit is non-refundable.

If the Client cancels on or before **August 27, 2026**, any payments made beyond the non-refundable deposit, including any instalments already paid, will be refunded.

If the Client cancels after **August 27, 2026**, no refund will be given unless the Client's place can be filled.

If the Client's place is successfully filled by another suitable participant and the replacement booking is completed, any amounts paid beyond the non-refundable deposit may be refunded or transferred.

Bookings may not be transferred to another participant without the Host's prior approval.

Travel insurance is strongly recommended.

4. Cancellation or Modification by Host

If the Host must cancel, postpone, or significantly modify the retreat due to illness, force majeure, venue issues, government restrictions, insufficient enrollment, or other circumstances beyond reasonable control, the Client will be offered either:

- a full refund of payments made to the Host, or
- the option to transfer payments to a rescheduled retreat or future offering

The Host is not responsible for flights, transfers, accommodation before or after the retreat, or other external travel costs.

5. Disclaimer

The Host is not acting as a licensed medical doctor, psychotherapist, psychiatrist, or legal professional within the context of this retreat.

All retreat sessions, practices, and services are offered for educational, personal development, and wellness purposes only.

Participation is voluntary. The Client accepts full responsibility for their own physical, mental, emotional, and spiritual wellbeing during and after the retreat.

No guarantees are made regarding specific outcomes or results.

6. Health and Fitness to Participate

The Client is responsible for deciding whether this retreat is suitable for them.

The Client agrees to disclose any relevant physical or mental health conditions, injuries, limitations, diagnoses, medications, or current circumstances that may affect participation or safety.

The Client understands that this retreat may not be suitable for individuals experiencing acute psychiatric crisis, active addiction, unmedicated psychosis, current suicidality, or any condition requiring a higher level of clinical support than a group retreat can provide.

The Host reserves the right to decline or discontinue participation if it is reasonably believed that participation may be unsafe or not appropriate for the Client or the group.

7. Assumption of Risk and Liability Waiver

The Client understands that participation may involve physical activity, emotional processing, breathwork, group experiences, hiking, sauna/hot tub use, and travel-related risks.

By attending, the Client agrees to participate at their own discretion and assumes full responsibility for any risks, injuries, losses, damages, or other consequences arising from participation.

To the fullest extent permitted by law, the Client releases the Host and retreat team from liability for injuries, losses, damages, or claims arising from participation, except in cases of gross negligence or unlawful conduct.

8. Illness and Communicable Diseases

The Client understands that participation in an in-person retreat carries a general risk of exposure to communicable illnesses, including COVID-19, colds, flu, or other infections.

The Client agrees not to attend if unwell in a way that may create significant risk for others.

The Host is not liable for illness or related health issues arising before, during, or after the retreat.

9. Media Release

The Client grants permission for the Host to use photographs, videos, or audio recordings taken during the retreat for marketing, social media, website, or promotional purposes.

However, the Host agrees not to share any images, video, or audio in which the Client appears to be in a vulnerable, private, or emotionally sensitive process state without first obtaining the Client's explicit permission.

If the Client does not wish to be included in general retreat media, they must inform the Host in writing before the retreat begins.

10. Personal Information and Confidentiality

The Host will treat personal information shared by the Client with care and discretion and will only use such information for retreat administration, communication, and participant support.

The Client also agrees to respect the privacy and confidentiality of other participants and not to share personal stories or sensitive information disclosed during the retreat without consent.

11. Travel, Transport, and Documents

The Client is responsible for arranging their own transport to and from the venue, as well as any insurance, documents, or personal items needed for travel and participation.

Airport transfers may be arranged through the venue or a third party at additional cost, where available.

The Host is not responsible for travel delays, missed connections, cancellations, lost belongings, or other travel-related issues.

12. Conduct and Community

The Client agrees to behave respectfully toward the Host, retreat team, venue staff, and fellow participants.

This is a sober, intentional, women-only retreat space. Disruptive, unsafe, aggressive, or disrespectful behaviour may result in the Client being asked to leave the retreat without refund.

The Client also agrees to honour their own pace and boundaries and to communicate if support is needed.

13. Governing Law

This Agreement is governed by the laws of Spain. Any disputes arising in connection with this Agreement shall first be addressed in good faith between the parties and, where appropriate, through mediation before further legal action.