

Please read the following carefully and sign below. Be sure to keep the emailed copy for your records. Signing this agreement indicates your willingness to abide by the following policies and guidelines on any and all of RASA Yoga Adventure Retreats.

CODE OF CONDUCT FOR KALI YUGA YOGA & RASA YOGA ADVENTURE RETREATS

We at KALI YUGA YOGA & RASA YOGA ADVENTURE RETREATS aim to provide an enjoyable, exciting and fun traveling experience. We do not anticipate any problems as we feel our participants are both responsible and compatible. However, we have outlined some simple policies to deal with situations that could occur. All possible options cannot be covered, but the following few general rules can establish the context for dealing with problems should they arise.

1. Participants will exercise good judgment, be aware of their peers and work to maintain a positive group dynamic. Participants will not take unnecessary risks that could jeopardize the safety of both themselves and others.
2. Although all activities are optional, individuals will not be late for programs that one chooses to attend. Repeated lateness or missing transportation will result in participants being left behind. Anyone left behind will have to catch up at his/her own expense.
3. “Solo” excursions are strongly discouraged. We understand taking time for yourself, and request that if you do journey out on your own that you supply the group coordinators with your planned itinerary and any contact information should there be reason for concern.
4. If someone asks or suggests to a participant that his/her particular behavior is inappropriate (within reason) the participant will take the request into consideration. If the said action is being disruptive to the enjoyment of the group, the group coordinators will address the situation first with a verbal warning and then written request. Extreme behavior will result in dismissal from the group and it will be the individual’s responsibility to find his/her way home. Such examples of inappropriate behavior may include:
 - A. Use of abusive language that is demeaning to others including racial slurs or sexual connotations.
 - B. Use of physical force against another participant or staff including pushing, shoving, [punching, choking or any other such act.
 - C. Disrespect towards others including name-calling, disrespectful gestures, bad language, etc.
 - D. Damage to property/ facilities. This includes stealing, causing physical damage to someone’s property, disrespect to the environment (littering, harming wildlife, destroying nature)
 - E. Unwillingness to participate and exhibiting a negative attitude. No activity is mandatory, but we expect all participants to be group oriented and have a positive attitude.
5. Individuals are responsible for their own actions and for learning and following the applicable laws. Participants will be subject to the laws of the US Government and National Forest Service and should familiarize themselves with the legislature. If individuals should break the law and then find themselves in legal trouble, that participant will be left to deal with the problems on their own. NOTE: *The use of illegal drugs and firearms is strictly prohibited.* Not only are these activities and items illegal in most areas, but disrespect our yogic principles of saucha (purity) and ahimsa (non-violence) in a negative way and will not be tolerated.
6. Alcohol Policy: KALI YUGA YOGA & RASA YOGA ADVENTURE RETREATS’ policy is that the laws of the country govern who and who may not drink alcohol. In certain countries and certain places the laws vary and we respect the rules of that region. Therefore participants are responsible for their

actions and individuals may or may not choose to partake in consumption of alcohol. Yet the individual should note that consumption of alcohol may affect their experience on the trip such as:

- A. Sickness: If unable to participate in activities due to over consumption of alcohol, the afflicted person will be excused from activities or left behind and must rejoin the group at their own expense. Repeated over-indulgence will result in the person being asked to abstain from alcohol for the rest of the trip.
 - B. Damage created while under the influence: The person(s) responsible for any damages will (i) be financially responsible for any restitutions to be made for the damages incurred (ii) deal with any penalties dealt by local authorities, and (iii) abstain from future alcohol consumption.
 - C. Repeat offences: If problems persist which cause the overall dynamic of the program to be disrupted, whether physically or emotionally, due to someone's abuse of alcoholic beverages, the offender will be asked again to refrain from consuming alcoholic beverages. If further necessary, the offender will be excused from the trip and asked to return home at his/her own expense.
7. Everyone is responsible for his/ her own baggage and equipment throughout the entire trip. Important or valuable items either should be left at home or stored properly. KALI YUGA YOGA & RASA YOGA ADVENTURE RETREATS are not responsible for lost, stolen or misplaced items and will not go back for items left behind. The same is true for credit cards, travelers' checks, etc.
8. Participants with any health or dietary concerns must disclose this information in writing or email form before departure date. Injuries and/or health problems will be treated by local personnel in accordance to the information given. Treated individuals are responsible for medical bills through personal funds or as directed by their own insurance plans. Emergency contacts will be contacted in cases of major emergencies.
9. Individuals are responsible for asking questions in daily briefings regarding dangers involved in the day's activities and for assessing personal risk involved in any activity. General risks relate to everyday activities such as ground transportation, wildlife encounters, and urban dangers. No one is forced to participate in an organized activity and we encourage you to voice your concerns.

I have read and understand the above Code of Conduct for KALI YUGA YOGA & RASA YOGA ADVENTURE RETREATS and agree that I will abide by the policies and guidelines outlined. I understand that if I violate a code of conduct, I will receive a verbal warning, written warning and if unheeded, could face and excusal from the trip.

Signature of Participant: _____

Date: _____

Trip Coordinators: Leah Lillios & Sarah Moles

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