

RETREAT DAY CONSENT & WAIVER

Organiser: Ellie Cook (trading as House of Bardo) & Kate Cronk (trading as Peggy & Kate)

Event: Flowers & Flow

Date: Sunday 12th July 2026

Location: Denstroude Flower Farm, Rosewood Acres, Denstroude Ln, Denstroude, Canterbury CT2 9LA

1. Participation & Health

By accepting these terms, you confirm that you are joining all retreat activities — including **Flow Dance Meditation, flower picking and painting** — voluntarily and at your own risk.

Please listen to your body, take breaks as needed, and let Ellie know of any concerns.

You must inform Ellie **before attending** if you have:

- Heart or cardiovascular conditions, high/low blood pressure
- Epilepsy or seizures
- Breathing conditions (e.g., asthma)
- Recent injury, surgery, or pregnancy
- Any condition that may affect safe participation

If unsure, please consult your GP before the retreat.

3. Food, Products & Allergies

Products, infusions, and refreshments provided during the retreat may contain **allergens**.

If you have allergies or intolerances, you are responsible for checking ingredients and participating at your own risk.

The Organiser cannot be held liable for any **adverse reactions or foodborne illness (food poisoning)**.

Participants take part and use all materials at their own discretion and risk.

4. Personal Belongings

Please do **not bring valuables**. Ellie Cook, House of Bardo and Kate Cronk, Peggy & Kate accept **no liability for lost, damaged, or stolen items**, including phones or electronics.

5. Photography

By accepting these terms, you give **full consent** for photographs or video taken during the retreat to be used for marketing or promotional purposes.

If you prefer for this not to be the case, please **notify Ellie before the event**.

If you do not notify her, Option A will apply.

6. Safe Practice & Duty of Care

Ellie Cook, House of Bardo and Kate Cronk, Peggy & Kate take all reasonable steps to ensure a safe, supportive environment, including maintaining facilities and equipment, providing clear safety guidance, and encouraging self-awareness and responsible participation.

However, you acknowledge that activities of this nature carry inherent risks, and that **Ellie Cook, House of Bardo and Kate Cronk, Peggy & Kate cannot be held responsible for injuries, illness, or loss arising from risks reasonably associated with participation**, except where caused by negligence or breach of duty of care.

7. Liability & Insurance

You understand that participation involves inherent risks and agree that **Ellie Cook, trading as House of Bardo and Kate Cronk trading as Peggy & Kate**, are **not liable** for injury, illness, foodborne illness, or

loss except where caused by negligence.
You are responsible for your own health, safety, and insurance.

8. Data Protection & Communication

Your personal data (contact details, health info, and emergency contact) will be securely held for retreat administration and safety under the **UK GDPR** and **Data Protection Act 2018**.
Your details will not be shared except as required by law or in an emergency.

9. Acceptance

By accepting these terms (e.g., purchasing a ticket or attending), you confirm that you:

- Have read and understood this form,
 - Participate voluntarily and at your own risk,
 - Agree to all terms,
 - Consent to photography unless you notify Ellie otherwise
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Legal Notice

Nothing in this document limits or excludes liability for death or personal injury caused by the Organiser's negligence or for any other liability that cannot lawfully be limited under UK law.

Name: _____

Signed: _____

Mobile No: _____

Email: _____

Emergency contact Name: _____

Emergency contact Number: _____