

# ANANDA MARGA INDIA & HIMALAYAN SPIRITUAL ADVENTURE TOUR

## WAIVER AND MEDICAL RELEASE FORM

I, \_\_\_\_\_, understand that the Ananda Marga India & Nepal Spiritual Adventure tour includes many activities of a physical nature, including but not limited to hikes, treks, rafting, etc. which could lead to injuries, including catastrophic injury or death. I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the organizers of the program, Ananda Marga or their officers, officials, advertisers and owners and lessors of premises used to conduct events (“releasee”) WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE for any injuries that I might incur during the Ananda Marga India & Nepal Spiritual Adventure tour.

The Ananda Marga India & Nepal Spiritual Adventure tour does not provide any medical or other insurance. It is my sole responsibility to make arrangements for this.

In case of any urgent medical problem I authorize the organizers to decide in event of an emergency treatment.

Emergency contact information:

Name: .....

Address.....

.....

Telephone Home .....

Work .....

I also agree to the guidelines and conditions mentioned on the back side of this form.

Date: \_\_\_\_\_ Place: \_\_\_\_\_

Signature \_\_\_\_\_

(If you are minor your legal guardians should also put name and signature)

E-mail: \_\_\_\_\_

Other important information that you think we should know:

## Further agreements:

- ✓ I agree to release the in-charges and Ananda Marga from any responsibility in case of any accident, loss, damage or theft of property, and of illness.
- ✓ I understand that there is no refund in the event that, for what ever reason, I would discontinue the tour.
- ✓ I am aware this tour can be physically and emotionally challenging and I have prepared myself for this.
- ✓ I realise that it will not be possible to cater for everyone's special food needs.
- ✓ I will adopt a team spirit and participate in all activities to the best of my capacity.
- ✓ I will follow the rules and instructions presented at the tour by the tour organizers. If not I realise that it could, in extreme case, lead to the termination of my participation with all costs involved born by me.
- ✓ I understand that alcohol, non prescription drugs, smoking of any type, or tamasik foods are not permitted at the program.
- ✓ I will be respectful, polite, considerate to myself and others. And I'll adopt a playful, positive and fun attitude to fully enjoy and learn from the program.
- ✓ During the tour I will refrain from romantic and intimate behavior in public, even when officially married. Married couples can share a room when possible and practicable.
- ✓ I have read and understood the website and willingly accept all points there in.
- ✓ I have been initiated and I am familiar with the practices of Ananda Marga and I practice my meditation regularly.
- ✓ I am aware that adjustments in the itinerary may be needed as per necessity.