

Mindful Self-Compassion Intensive for Physicians

October 25 – October 30, 2026

Reunion Resort, Costa Rica

TERMS & CONDITIONS

- I understand that the retreat venue requires the organizers to guarantee the full booking. Therefore all payments made for the MSC Intensive are final and non-refundable, except in cases where the organizers cancel the program.
- In light of the above, it is strongly recommended that I take out comprehensive travel insurance covering trip cancellation, medical care, and international travel disruptions.
- Participants are responsible for ensuring they have appropriate travel and health insurance during the retreat.
- De Mindfulness Academie and the Self-Compassion Academy are not responsible for any of the travel problems that could arise in connection with travel to the venue, including international travel arrangements, visas, or flight disruptions.
- I voluntarily agree to participate in all activities at the MSC Intensive program. I hereby assume all risks of injury to me and my property that may be sustained in connection with activities undertaken while at the MSC Intensive program.
- I declare that I am in good mental and physical health.
- I understand that the teachers are not expected or able to provide medical and/or psychological care.
- I understand that MSC is a compassion skills training. MSC is designed to teach participants the tools needed to develop and cultivate a mindfulness and self-compassion practice. I am aware that MSC is not therapy and that I, at all times, remain responsible for my own mental and physical health during this program.
- I understand that I must provide the name and contact details of an emergency contact person in order to attend the MSC Intensive. The teachers and facility staff will make every effort to communicate with this person in the event of an emergency. This person is someone who can

either pick me up from the facility or help to make transportation arrangements if I need to leave the program early.

- I agree that, in the event a teacher or representative of the facility determines that I need professional medical or psychological attention, the teacher and facility staff have the authority and sole discretion to contact emergency services, as well as my designated emergency contact person.
- Any costs incurred for health services are my responsibility and not the responsibility of the teachers, De Mindfulness Academie, the Self-Compassion Academy, or the course facility.
- I further understand that participation in the MSC Intensive is always at the discretion of the teachers and the facility staff. If, in the opinion of the teachers or the facility staff, I am unable to continue to participate productively in the course, I may be asked to leave. In such a case, course fees cannot be refunded.
- I understand that personal safety and emotional well-being are the foundation of self-compassion training and that I am primarily responsible for my own safety and I will not violate the safety of others. I will not push myself to do anything that feels distressing or harmful. If I feel overwhelmed, I will stop what I am doing or slow down until I feel comfortable again. If I need to discuss a personal matter, I can consult with a teacher, but I understand that the opinions of others are not a substitute for caring for myself in the best way I know.
- I have read this agreement and fully understand its contents. I sign it and endorse all items of my own free will. I am of legal age and accept the above disclaimer and authorization.**

Your Name *(please print legibly)*

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SignatureDate

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