



The set of Rules below are designed for you to enjoy this experience in the best and safest possible conditions.

Thanks for your understanding and compliance.

1. Consumption of alcohol, tobacco, and any foods not specified in the dietary plan is strictly prohibited within the premises' general area, during outdoor activities, and in guest rooms.
2. Some activities, such as driving, may be affected during a multi-day fasting. Therefore, it is essential to consult with Fasting&Thriving team before engaging in any of these activities.
3. Prior consent from Fasting&Thriving team is required for leaving the premises. Users who leave without permission assume full responsibility, and Fasting&Thriving has the authority to interrupt the program for those non-compliant.
4. Mobile phones are not recommended within the premises during group excursions or walks.
5. Violation of these regulations or failure to follow instructions may result in the Fasting&Thriving management's right to interrupt the program, without assuming any responsibility. In such cases, the client is responsible for any associated costs.
6. Adherence to the rules outlined in these regulations is crucial for the success of the program.

I _____ agree and accept the terms contained in these regulations.

Signature

Retreat dates: Start - End

Please send this document properly signed to info@mybestselfretreats.com