

Advanced Informed Consent, Participant Agreement & Liability Waiver

For Retreats, Workshops, Trainings, Festivals & Private Sessions

Facilitator: Bina Taverna

Please take a moment to read through this agreement.

Its purpose is to create clarity, shared understanding, and a strong foundation for participation.

These agreements help support spaces that are intentional, consent-based, and rooted in mutual responsibility.

By registering for or participating in any session, retreat, workshop, training, festival or private facilitation with Bina Taverna, you acknowledge that you have read, understood, and agreed to the terms below.

1. Nature of the Offerings

These offerings are experiential, educational, relational, and embodiment-based spaces for personal exploration.

They may include:

- tantra-based practices
- conscious relating exercises
- consent practices
- guided embodiment processes
- somatic awareness practices
- meditation and breath-based practices
- rope / shibari practices
- kink or BDSM related practices
- partner or group exercises
- reflective inquiry
- facilitated interpersonal exploration

These spaces invite self-awareness, embodied learning, relational insight, and exploration of personal patterns.

No specific emotional, relational, psychological, spiritual, or transformational outcome is promised or guaranteed.

2. Not Therapy, Trauma Treatment, Medical Care, or Clinical Intervention

These offerings are **not psychotherapy, trauma treatment, psychiatric care, medical treatment, crisis support, or clinical intervention.**

Bina Taverna is not acting in the role of:

- licensed psychologist
- psychotherapist
- psychiatrist
- physician
- clinical trauma specialist
- medical provider

Participation does not establish any therapeutic or healthcare-provider relationship.

You acknowledge that you are **not relying on participation for diagnosis, treatment, healing of trauma, or resolution of psychological or medical conditions.**

If you require therapeutic, psychiatric, psychological, or medical support, you agree to seek appropriate qualified care.

3. Readiness for Participation

These spaces can invite meaningful emotional depth, vulnerability, and at times unexpected activation.

If you are currently navigating any of the following, it is important that we discuss this together before participation:

- acute psychological instability
- active suicidality
- psychosis-spectrum symptoms
- severe dissociation
- untreated PTSD with destabilizing symptoms
- recent psychiatric hospitalization
- severe unmanaged panic states

- active severe substance dependency
- any condition significantly impairing self-regulation or consent capacity

If uncertain about your suitability, you agree to disclose this prior to participation, so we can find a solution.

If needed, we may explore together whether another format, additional support, or participation at a different time would be more supportive.

The facilitator ultimately reserves discretion to determine whether participation is appropriate for the container.

4. Participant Responsibility & Capacity for Self-Regulation

By participating, you confirm that:

- you are entering the container in a sufficiently resourced and self-aware state
- you are capable of monitoring your physical, emotional, and psychological wellbeing
- you can recognize and communicate your boundaries and limits
- you will speak up if you need pause, modification, support, or withdrawal
- you understand participation is always voluntary

You may decline, modify, or stop participation in any exercise at any time without needing to justify your decision.

You remain fully responsible for your choices throughout participation and you can always reach out for help to the team.

5. Emotional Depth & Integration

Like many deep relational and embodiment-based experiences, participation can sometimes bring forward:

- intense emotional states
- grief, fear, shame, anger, sadness, vulnerability, or confusion
- resurfacing memories
- nervous-system activation or dysregulation
- relational discomfort
- shifts in identity, perspective, or interpersonal dynamics
- emotional processing that continues after the event

Such responses may persist beyond the duration of the offering.

Integration is a natural part of this kind of work and remains your personal responsibility.

If needed you can reach out to the team or seek outside professional therapeutic care.

While these spaces may offer meaningful insight and connection, no specific emotional, psychological, or transformational outcome can be guaranteed.

6. Physical Awareness & Rope / Shibari Considerations

Where physical practices are included, care is taken to create attentive and safety-conscious experiences. As with any embodied practice, there are physical considerations to be aware of.

Possible physical responses may include:

- bruising
- rope marks
- numbness
- temporary discomfort
- muscle strain
- circulation restriction
- nerve compression or irritation
- falls or movement-related injury
- stress responses linked to physical sensation or restraint

You agree to:

- disclose relevant physical or medical conditions
- disclose injuries, surgeries, mobility limitations, circulatory or neurological concerns
- immediately report discomfort, numbness, pain, dizziness, panic, or concern
- follow all safety instructions

Open communication is an essential part of creating safer participation.

7. Consent, Boundaries, Sensuality & Relational Conduct

These offerings may include embodied relational exploration, consensual touch-based exercises, sensual awareness practices, and invitations into authenticity, intimacy, and vulnerability where explicitly relevant to the container.

Most offerings do not involve nudity or explicit sexual practices.

Certain specifically designated containers may include optional clothing-optional practices, nudity, or more explicit erotic exploration.

Depending on the nature of the specific offering, certain exercises or spaces may include elements of sensuality, intimacy, partial or full nudity, erotic energy exploration, or sexuality.

Where present, such elements are always clearly framed within explicit container agreements.

Participation in any sensual, intimate, erotic, touch-based, or clothing-optional exercise is always entirely voluntary and requires explicit, ongoing consent.

You are never required or expected to participate in any activity involving touch, sensuality, nudity, erotic exploration, or interpersonal intimacy.

Choosing not to participate in any such exercise will not affect your belonging, standing, or inclusion within the space.

Attendance at an event does not guarantee access to any specific type of interaction, touch, exercise partner, sensual engagement, erotic exchange, nudity-related participation, or relational experience with facilitators or other participants.

No participant is entitled to the attention, touch, intimacy, erotic engagement, or availability of any other participant or facilitator.

All participation is grounded in explicit consent.

You agree to:

- obtain explicit consent before contact where applicable
- respect verbal and non-verbal boundaries
- immediately honor withdrawal of consent
- refrain from coercive, manipulative, or pressuring behavior
- engage respectfully with all participants and facilitators

Facilitated exercises involving touch, proximity, or relational exploration occur only within explicitly agreed container agreements.

Because these spaces rely on trust and clarity, significant boundary violations may result in immediate removal without refund.

8. Confidentiality & Community Integrity

Participants may share personal material during the container.

You agree to maintain confidentiality and refrain from sharing identifying details, disclosures, or personal stories shared by others.

You are welcome to speak about your own personal experience in the container without disclosing the identity of others.

9. Media, Recording & Intellectual Property

No personal photography, video, audio recording, reproduction, or redistribution of practices, teachings, or participant processes is permitted without explicit written consent.

All teaching materials and facilitation methodologies remain the intellectual property of Bina Taverna unless otherwise stated.

There may be photography, video or audio recording from the team, in which case it will be explicitly communicated and requires the participants explicit consent.

10. Health & Psychological Disclosure

You agree to disclose any condition that may affect safe participation, including:

- recent major trauma or destabilizing life events
- PTSD or trauma activation concerns
- panic disorder
- dissociation history
- psychiatric diagnosis affecting regulation or consent capacity
- recent surgery
- neurological conditions
- cardiovascular or circulatory concerns
- pregnancy where relevant
- medications impacting awareness, regulation, sensation, or participation capacity

Disclosure supports informed assessment but does not guarantee accommodation.

11. Facilitator Right to Refuse or End Participation

The facilitator reserves the right to refuse admission or end participation if, in their judgment, continued participation may be unsafe, disruptive, outside scope, or harmful to individual or group wellbeing.

Removal may occur without refund where safety, consent, or community integrity is compromised.

12. Shared Responsibility & Assumption of Risk

By choosing to participate, you acknowledge and accept responsibility for the inherent uncertainties that can arise in experiential, relational, and embodied spaces, including physical, emotional, psychological, and interpersonal risks.

You acknowledge that some risks may not be fully predictable.

You choose to participate with full personal responsibility.

13. Liability Understanding

To the fullest extent permitted by applicable law, you agree to release and hold harmless Bina Taverna, associated facilitators, assistants, venue hosts, contractors, and collaborators from claims, liabilities, damages, losses, costs, or expenses arising from participation.

This release applies except in cases of gross negligence, willful misconduct, or legal non-waivable liability.

14. Shared Understanding

By participating, you acknowledge and understand that:

- these offerings are educational and experiential in nature

- no healing, therapeutic, or transformational outcomes are promised
- no clinical or therapeutic claims are being made
- participation is entirely voluntary
- you remain responsible for your own choices, limits, communication, and aftercare
- your participation is based on informed personal choice

This agreement is intended to support mutual clarity, trust, and responsibility within the container.

15. Participant Acknowledgment

By participating, I confirm that:

- I have read and understood this agreement in full
- Otherwise I will reach out and ask questions
- I understand the nature and limits of these offerings
- I understand that participation may involve physical, emotional, relational, or psychological intensity
- I have disclosed relevant conditions truthfully and to the best of my knowledge
- I choose to participate voluntarily and take responsibility for my own wellbeing throughout and after the experience