**Singing the Spirits Back Home, Singing the Land Awake:**

**Rewilding the land with staff, song and spirit - the practice of Seiđr in nature**

**with Shenoah Taylor, Julia Crabtree, Jane Shutt and Christine Mark**

**13th – 18th May 2022, Llwyngwril, Wales**

**Participant Agreement**

We will be following the Welsh Covid Guidelines in place at the time of the course. To ensure the safety of all present you may be asked to wear a mask at certain times unless medically exempt. We will require you to provide a recent negative Covid Lateral Flow test on arrival. If you do not provide one you will not be allowed to join the course and no refund will be given. If you are not willing to abide by these please do not sign up for the workshop.

To participate you must have attended a Seiđr workshop run by one of the facilitators, Annette Høst or an agreed equivalent.

Some of the above workshop will take place outside in nature and the ground may be uneven or slippery. We may also be doing work at night, in the dusk or in the dark. I understand, that I as a participant need to be physically active in order to move safely on my own in the areas of the river, the fields, the beach, the mountain, the woodland and any other areas we may be working in.

Shamanic work can bring intense experiences for both the beginner and the experienced practitioner. Shamanic techniques are specifically designed to open up the consciousness for sometimes completely unknown and new ways of experiencing reality. Therefore, each participant in this course should realise that practising shamanism may change the way they experience themselves and the world around them.

Participants are asked to refrain from the use of alcohol or any other mindaltering substances during the course.

It is my responsibilty to approach one of the facilitiators as soon as possible if I have any concerns.

Having read and understood the above, by signing this paper I release and discharge Christine Mark, Jane Shutt, Julia Crabtree and Shenoah Taylor from all claims and demands that I, my relatives, heirs, executors, administrators and assigns have or may have against them by reason of any injury of any nature whatsoever, which I might suffer as a result of participating in the activities offered in the program or being on the land.

I understand and agree that Christine Mark, Jane Shutt, Julia Crabtree and Shenoah Taylor can not, in any way, be held responsible for the nature and effect of experiences I have while and after participating in the offered programme.

**Name:**

**Date:**

**Signature:**