

Terms and Conditions

Please read and understand our Terms & Conditions detailed below before booking a retreat (sometimes referred to as the “Retreat” or the “event”) with Lauren van Keulen doing business as train-for-life (sometimes referred to as “Company” or “we” or “us”). When booking with Company , you will be required to confirm your agreement to these Terms & Conditions as part of the booking process.

1. YOUR BOOKING IS A CONTRACT. When you (sometimes referred to as “client” or “participant” or “you”) book an event with COMPANY (sometimes referred to as “we” or “us”), you will be deemed to have agreed to these Terms & Conditions. Moreover, your booking, together with (a) these Terms & Conditions and (b) the details regarding the event for your chosen destination as listed on our website (collectively, the “Agreement”) will constitute a legally binding contract between you and us. The person making the booking must be at least 18 years of age and authorized to do so.

2. TOTAL FEE. Participant shall pay Company a total fee as listed on the event page of your chosen destination.

a. **Deposit.** To confirm Participant’s booking with Company, Participant will be required to pay a **NON-REFUNDABLE DEPOSIT of \$1000.00** (the “Non-Refundable Deposit”) upon execution of this Agreement. However, if your booking is made within 45 days of the Retreat start date, then the Total Fee is payable at the time of booking. Participant understands that booking will not be confirmed until payment has been made.

b. **Final Payment.** Payment of the balance of the Total Fee will be due 30 days prior to the Retreat start date. If the balance is not paid on or before such due date, Company reserves the right to treat Participant’s booking as canceled and retain the Non-Refundable Deposit

3. TRAVEL DOCUMENTS . If applicable, you must carry a valid passport and have obtained all other required travel documents (visas, permits, certificates etc.) for the country(ies) you will visit during your event. For many countries, your passport must be valid for at least 6 months prior to the Retreat start date and 6 months beyond the duration of the Retreat; please make sure to research the applicable passport requirements for each country you plan to visit. It is your responsibility to ensure that you are in possession of all such required travel documents for your event. We are not responsible if you are refused entry to a country because you lack the correct travel documents, please note that any monies paid to Company will not be returned.

4. YOUR DETAILS. To confirm your booking, Participant must provide Company with certain personal information which we may include but not be limited to, full name (as it appears on passport), passport number, copy of passport photo page and/or date of birth.

5. WHAT'S INCLUDED IN THE EVENT PRICE. The Total Fee of the Retreat includes the following items:

- 3 nights/4 days stay in retreat location
- Daily movement practices lead by Lauren
- Workshops lead by Lauren
- 2 meals per day from arrival through departure
- Curated swag

6. WHAT'S EXCLUDED IN THE RETREAT PRICE. Participant understands that the Total Fee ONLY includes the items listed in Section 5. The Total Fee does not include the following items (please note, this list is in no way exhaustive on all items not included in the Total Fee):

- Airfare to and from the Retreat
- Transportation to the Retreat location (hotel, resort or home)
- alcoholic drinks provided by the retreat hosts
- Baggage charges
- Travel documents fees (passports, visas, etc.)
- Travel insurance
- Personal expenses

7. CANCELLATION BY THE PARTICIPANT. If you wish to cancel your reservation, you may do so by providing Company with at least 45 days prior written notice before the Retreat start date, we will refund 50% of amounts paid to Company minus the Non-Refundable Deposit. If you cancel your booking within 45 days of the Retreat start date or if you fail to show up, you will not be entitled to any refund. Participant understands that Retreat purchases are non-transferable, and as such it is strongly recommended that Participant purchases travel insurance.

8. OPTIONAL ACTIVITIES. Optional activities and excursions are not included in the event's Total Fee, and do not form part of the event or this Agreement. You acknowledge that any extra optional activity arranged or provided by a local representative does not render us liable for them.

9. CANCELLATION BY COMPANY. We reserve the right to cancel any event at any time, before the scheduled event start date for any reason as we see fit in our sole

discretion. If this were to occur, you will receive a complete refund of all monies paid to Company minus bank transfers costs. In addition, we reserve the right to cancel any event at any time, due to natural disaster, political instability or other disruptions and/or circumstances beyond our control including COVID (“force majeure circumstances”), which would make the operating of the event unsafe or otherwise unviable. In the scenario, if an event is canceled due to a force majeure circumstance, the client will receive a refund equal to the monies paid to Company less any costs incurred by Company which are not recoverable and minus bank transfers costs. As such, we strongly recommend that you purchase travel insurance for the event.

10. **COVID – 19.** Participant understands that COVID-19 is still an overall concern throughout the world and Participant is taking the risk in agreeing to participate in the Retreat. In the event Participant need to cancel due to COVID-19, Participant shall be responsible for paying Company all fees associated with such cancellation as set forth in Section 7.

For all retreats, if Participant is experiencing symptoms of illness before the retreat, they should not travel and Participant shall be responsible for paying Company all fees associated with such cancellation as set forth in Section 7.

11. **DISCRETION TO REJECT BOOKINGS OR DENY PARTICIPATION.** Company reserves the right, in its sole discretion and judgment, to reject any booking and/or to deny participation in any event at any time prior to the start date. If a participant booking is rejected, then that participant will receive a full refund of all monies paid to Company. Furthermore, any instructor leading an event also has the authority, in his/her sole discretion and judgment, to remove you from participating in the event, if the instructor believes your continued participation will be disruptive to the overall experience of the other participants, to the event, vendor, venue(s) and/or property. If you are asked to leave after the event’s start date, it is up to the Company, in its sole discretion how they will handle the situation and any return any monies if at all.

12. **ITINERARIES.** The itinerary represents a general plan for the Retreat (including the day-by-day schedule of activities). You understand that circumstances may arise which result in changes to the listed itinerary, and you agree that Company will not be held liable for these changes. If you have planned other activities or excursions outside the Retreat based on the itinerary, you will work with the vendors directly to reschedule these items. These changes may include, without limitation, delays and/or partial or complete changes in the following: the itinerary, quality or location of lodging, modes or quality of transportation, etc. You understand and agree that: (i) Company and/or its

designees may make last-minute or on-site decisions to address changed circumstances, (ii) Company does not guarantee conformity with any itineraries that have been published or furnished to you or any other participants, (iii) Company reserves the right to change the itinerary with or without notice to you; and (iv) the cancellation policy in Section 7 is still applicable if such changes are made.

13. WEBSITE, BROCHURES AND ADVERTISING. The information provided in our website, brochures and advertising materials is to the best of our knowledge correct at the time of publishing. Occasionally errors may occur, and information may change, so you must therefore check all the details of each event, venue and supplier at the time of booking. Company shall not be held liable for any errors in such marketing materials.

14. TRAVEL INSURANCE. Company strongly advises you to purchase travel insurance in connection with the event to cover sickness, cancellation or curtailment. While the coverage provided by travel insurance varies based on the policy you purchase, as a general rule, this type of insurance may provide coverage for a variety of losses which you may incur relating to a booking, including losses relating to trip cancellation, illness, injury, theft, lost or damaged property, etc. Be aware that, except for the limited refund rights outlined in Section 7, each Participant is 100% responsible for any losses, penalties, fees or other financial consequences arising out of any booking or trip, or the cancellation or interruption of any event (including, costs related to airline tickets and fees, passport fees, visa fees, medical expenses, etc.). For all of these reasons, we urge you to purchase travel insurance promptly following booking of the event.

15. PHOTOS AND COMMENTS MARKETING. With respect to still photos and/or video footage from the Retreat which include(s) your image and/or name, you irrevocably grant us the right to use those photos and/or footage for marketing and promotional purposes (including, without limitation, on Company's website, in advertisements, marketing materials and/or on Company's social media platforms), on a royalty-free basis, throughout the world and in perpetuity without prior approval or consent. With respect to any still photos and/or video footage from the Retreat which were shot by you and posted on any other social media platform, you irrevocably grant us the right to re-post those photos and/or footage, on a royalty-free basis, throughout the world and in perpetuity without prior approval or consent. In addition, Company has the right to use your name for its own advertising, promotion, marketing or publicity in any medium of public communication, including, but not limited to, print and electronic media, without your prior approval or consent. In addition, you agree that Company has

the right to use your feedback whether in the form of emails, submissions, surveys, comments, calls, otherwise, for the purposes of marketing or promoting Company's services and/or products in any medium of public communication, including, but not limited to, print and electronic media, without your prior approval or consent.

16. IMMUNIZATIONS, TRAVEL ADVISORIES, WARNINGS. Participant assumes full responsibility for verifying any requirements relating to and/or obtaining any immunizations which may be necessary or desirable for travel in the applicable country(ies) and/or region(s). Participant also assumes full responsibility for researching the safety and security conditions in the applicable country(ies) and/or region(s) during the period of scheduled travel, and being aware of any applicable travel advisories and/or warnings. Participant may also wish to consult a physician who is knowledgeable about travel medicine and related medical issues in the country(ies) and/or region(s) to be visited.

17. ALCOHOL AND DRUGS POLICY. Participant may be removed from the event for violation of any laws or rules of Retreat with respect to alcoholic beverages, illegal drugs, overly boisterous or disturbing behavior. Participant will not receive a refund if asked to leave for reasons stated herein.

18. THIRD PARTY OPERATORS ARE INDEPENDENT CONTRACTORS. Company does not own, operate or control any person or entity that provides any goods or services for your event ("Third-Party Operators"), including any lodging facilities, airline, ground or water transportation, tour operator, food service provider, etc. Rather, we contract with Third-Party Operators to provide all goods and services for the Retreat; and you understand that all Third-Party Operators are independent contractor(s), and not affiliates or employees of Company. In selecting Third Party Operators, Company does its best to seek out reliable suppliers and contractors to provide the necessary travel-related goods and services. Accordingly, you understand and agree that Company shall not have any responsibility or liability for any acts or omissions of any Third-Party Operators in connection with the Retreat. Without limiting the foregoing, we will not be liable for any direct, indirect, consequential or incidental damage, liability, injury, loss cost or expense you may incur (including any claim relating to personal injury, illness, death, property damage or loss, delay or other inconvenience) arising out of or by reason of the acts or omissions of any Third-Party Operator.

19. ASSUMPTION OF RISK. Company is dedicated to providing a safe environment for all Participants who participate in the Retreat. However, you must take responsibility

for your own behavior and safety. Furthermore, you understand and assume the risks and hazards inherent in travel. These risks and hazards may include, without limitation, delays, illness, injury, death or other unanticipated happenings, and may be caused by force majeure circumstances, the negligence of Company or other persons (including Third-Party Operators), the intentional and/or criminal conduct of others or other circumstances. Certain locations are remote and require additional travel time away from city centers and towns; as such, medical attention may not always be readily available or may be of inferior quality compared to what is available at home. Also, you may be visiting places where the political, cultural and geographical environment is very different than where you live, and in some cases, these differences may present increased risks and/or challenges. We use reasonably available information from the U.S. government Foreign Travel Advisory, applicable foreign governments and reports from Company's contacts in planning the Retreat's itinerary, and assessing the viability of each the Retreat's itinerary as the start date approaches. However, it is your responsibility to acquaint yourself with all available and relevant travel information for your destination and the nature of your itinerary. You acknowledge and agree that your decision to travel is made after having considered this information, and you expressly assume the personal risks involved with such travel.

20. WAIVER OF LIABILITY AND RELEASE. You acknowledge and agree that Company and its affiliates, subsidiaries, officers, directors, shareholders, members, employees, successors and assigns (collectively, the "Company's Parties") shall not be liable for any direct, indirect, consequential or incidental damage, liability, injury, loss, cost or expense you may incur (including any claim relating to personal injury, illness, death, property damage or loss, delay or other inconvenience) arising out of or by reason of (i) the acts or omissions of any Third-Party Operator or (ii) the negligence of any of the Company's Parties or (iii) any acts or omissions of any other parties or (iv) force majeure circumstances. You release the Company's Parties from any and all claims, liabilities, losses, expenses, damages, demands, actions, causes of action, lawsuits or sums of money of any kind arising out of, by reason of, resulting from and/or related to the Retreat you may book and/or participate in; and you understand and acknowledge that you are fully responsible for and expressly assume any and all risks, whether known or unknown, in connection therewith.

21. LIMITED LICENSE. Participant's ability to view content that Company provides through the Retreat grants Participant a limited, revocable, non-transferable license to use the information available to for Participant's personal, non-commercial use only. Except as otherwise provided, Participant acknowledges and agrees that it has no right to publish, modify, edit, copy, reproduce, create derivative works of, reverse engineer, transfer, alter, sell, enhance or in any way exploit any of the content. Participant shall

not remove any copyright notice from any of the content provided by Company. Doing so may infringe on the intellectual property rights of Company.

22. TESTIMONIAL DISCLAIMER. The views and opinions contained in the testimonials belong solely to the individual user and do not reflect the views and opinions of Company. Company is not affiliated with users who provide testimonials, and users are not paid or otherwise compensated for their testimonials. These testimonials reflect the real-life experiences and opinions of such users. However, the experiences are personal to those particular users, and may not necessarily be representative of all participants of the Retreat. Company does not claim, and Participant shall not assume, that all participants will have the same experiences. PARTICIPANT'S INDIVIDUAL RESULTS MAY VARY.

23. PERSONAL RESPONSIBILITY. Participant's decision to attend the Retreat is purely voluntary, and as such Participant understands Company not responsible or liable for any harm or damage to Participant's business, life, health, or family resulting from direct or indirect use of materials or content contained from the Retreat. Participant agrees to hold Company harmless from any damages directly or indirectly resulting the Retreat.

24. EARNINGS DISCLAIMER. There can be no assurance as to any particular financial outcome based on the use of the information learned at the Retreat. Participant agrees that Company is not responsible for Participant's earnings, the success or failure of Participant's personal or business decisions, the increase or decrease of Participant's finances or income level, or any other result of any kind that Participant may have as a result of information presented through the Retreat. Participant is solely responsible for their own results.

25. NO GUARANTEE. Company doesn't not promise or guarantee, verbally or in writing, any results, health guarantees, future earnings, business profits, marketing performances, audience growth, or results of any kind from attending the Retreat. By going on the Retreat, Participant accepts, agrees and understands that Participant is fully responsible for its progress and results. Company does not guarantee that Participant will get any results using any of the ideas, tools, strategies or recommendations, and nothing learned at or before the Retreat from Company is a promise, warranty or guarantee of such results.

26. FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. All of the information provided throughout the Retreat (including the digital content delivered via email, blog, podcasts, live and prerecorded events, on social media, through webinars and other content, whether available for purchase or not) are resources for educational and informational purposes only. The information contained at the Retreat are not a substitute for personalized advice and shall not be understood or construed as legal, financial, tax, medical, health, or any other professional advice.

27. NOT MEDICAL ADVICE. The information provided at the Retreat is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have learned at the Retreat.

28. NOT A MEDICAL PROVIDER. We are not medical health practitioners or mental health providers, and we are not holding ourselves out to be in any capacity. We are not holding ourselves to be a medical provider (including doctor/physician, nurse, physician's assistant or any other health professional), mental health provider (including psychiatrist, psychologist, therapist, counselor, or social worker), registered dietitian or licensed nutritionist. Rather, we serve as a trainer, educator, coach, mentor and guide who provides life, health, wellness, business education and learning opportunities to Participants.

29. CONTACT A MEDICAL PROVIDER. You should consult a licensed health care professional before starting any health protocol, exercise or physical such as those learned at the Retreat. You are encouraged to confirm any information obtained, and review all information regarding any medical condition or treatment with your physician.

30. PRIVACY POLICY & DATA PROTECTION. Any personal information that we collect about you may be used for any purpose associated with the operation of the Retreat or to send you marketing material in relation to other events and special offers. The information may be disclosed to Company's partners (who may be located outside the United States), service providers or other suppliers to enable us to operate the Retreat. Only information necessary for this purpose will be disclosed to them. On occasion, it may be mandatory for us to disclose information for security and terrorism

purposes and any other purpose imposed upon us by governments or other regulatory authorities. We may disclose this information to companies which act as data processors on Company' behalf. We need this information to cater to your needs, but it is collected on the condition that we have your positive consent. If you do not agree with Company's use of your information, we cannot accept your booking. We will collect the name and telephone number of an emergency contact for you prior to the Retreat. We will use this information and contact this person only for emergency reasons. We may disclose this person's name and telephone number to third parties such as villa managers, Company's instructors, or medical professionals (who may be located outside the United States) if needed in an emergency. By giving us this information, you consent to this disclosure. By giving us your contact details, you agree that from time to time, we may contact you with information about special offers or future retreat packages. If you do not wish to receive such information, please notify us. We will use your mobile number for a potential text group that we might create at the start of the Retreat to communicate with everyone in the group. You agree to have your mobile number shared with other participants of the group as well as with the organizer and with the Retreat leaders. We will not share your contact information with any third-party agencies for marketing solicitation purposes. You have the right to ask us in writing to obtain a copy of the information we hold about you. Any request should be addressed to us via email to trainforlife.withlauren@gmail.com.

31. COMPLAINTS. In the unlikely event that you have a complaint during or after the Retreat, you must bring it to Company's attention immediately in writing within 7 days from the end of the Retreat by emailing us at trainforlife.withlauren@gmail.com. No complaint will be accepted outside of this time frame thus deeming you fully satisfied with all aspects of the Retreat and the services we have provided to you. We will acknowledge any correspondence within 7 days and fully investigate your complaint. We will do our best to assess the situation and determine the best solution, at our sole discretion.

32. ENTIRE AGREEMENT. This document reflects the entire agreement between you and Company, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations.

33. DISPUTE RESOLUTION. If a dispute arises out of this Agreement that cannot be resolved by mutual consent, the parties agree to attempt to mediate in good faith for up to thirty (30) days after notice given. If the dispute is not so resolved, and in the event of

legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

34. **WAIVER.** The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

35. **ASSIGNMENT.** Participant may not assign or transfer any of their rights or delegate any of their obligations under this Agreement, in whole or in part, without the other party's express prior written consent. Any attempted assignment, transfer or delegation, without such consent, will be void.

36. **APPLICABLE LAW.** This Agreement shall be governed and construed in accordance with the laws of the State of Nevada without giving effect to any conflict of law provisions.

37. **CHANGES TO THESE TERMS AND CONDITIONS.** We may need to make changes to these terms and conditions from time to time. Any changes can only be made by us and not any third-party member. We reserve the right to amend or improve these terms and conditions without prior notification. When it is necessary for changes to be made, we will forward you a copy of these changes and all reservations will abide by the amended terms, with the exception of reservations already made.

By paying your non-refundable deposit, you agree to be bound by the terms stated herein and any other additional terms and conditions as provided for by Company.