

CONTRACT

FOR CLEANSE & DETOX PROGRAM

Concluded between Eva Dalak, Punta Uva, Costa Rica (The Coach) and [Name and Surname] (The Client) on [date].

General

This Contract is for participation in the Cleanse and Detox Program. Program duration is [Short Cycle – 3 days, Medium Cycle – 7 days, Full Cycle - 21 days]. Program fee is [Short Cycle – 450 USD; Medium Cycle – 900 USD, Full Cycle - 2.700 USD] and it needs to be paid in advance in full.

Services

Detoxification refers to the process of eliminating toxins from our bodies. Even though human body is continually experiencing a full body cleanse without a person even being aware of it, we have designed a program that will assist in acceleration of the body's detoxifying process. The Program covers emotional, mental and spiritual work. The key is to remove exposure to both environmental and internal toxins to give the body the physical and emotional rest that will enable it to intensify its own cleansing and detoxifying mechanisms. The Program includes beneficial activities, such as yoga, river bathing, sun/sea bathing, sweating in infra-red sauna, mud bathing and chocolate wrapping. The coaching sessions will help in identifying any emotional, mental or spiritual blockages that don't allow one to relax, let go of the stress and pressures and re-connect with oneself on a deep level, as well as with the nature - the rainforest, the river, the sea. Client's lungs will breathe fresh air without pollutants. The dietary program will alleviate the load from the digestive system while providing enough fuel to sustain the metabolic processes.

Full Cycle program (21 days) includes the following:

Dietary program:

- * 1-2 days preparation for cleanse - eating only raw fruits and slightly cooked vegetables; no carbs, spices or sugar

- * 5 days pipa cleanse (coconut water)
- * 5 days juice cleanse
- * 5 days water cleanse
- * 2 days gallbladder liver cleanse (5 days preparation, 2 days cleanse)
- * 1-2 days coming back slowly to regular food -- juices, and soups, then raw fruits

Physical activities:

- * Main Coach/ Therapist: Eva Dalak
- * Daily check-in and one spiritual counselling session
- * Time journaling, sun/sea bathing
- * Yoga and body work with Fabrice Renaudin once a week

Optional recommended activities not included in the Contract:

- * Sweating in Infrared sauna at Tierra de Sueno
- * Mud bathing and chocolate wrapping in jungle spa

Medium cycle program (7 days) includes the following:

Dietary program:

- * 1-2 days preparation for cleanse - eating only raw fruits and slightly cooked veggies; no carbs, spices or sugar
- * 3-day pipa cleanse (coconut water)
OR 3-day juice cleanse
OR 3-day water cleanse
- * 1-day gall bladder liver flush
- * 1 -2 days coming back slowly to regular food -- juices, and soups, then raw fruits

Physical activities:

- * Main Coach/ Therapist: Eva Dalak
- * Daily check-in and one spiritual counselling session
- * Time journaling, sun/sea bathing

Optional recommended activities not included in the Contract:

- * Yoga and body work with Fabrice Renaudin
- * Sweating in Infrared sauna at Tierra de Sueno
- * Mud bathing and chocolate wrapping in jungle spa

Short cycle program (3 days) includes the following:

Dietary program:

- * 3-day pipa cleanse (coconut water)
OR 3-day juice cleanse
OR 3-day water cleanse

Physical activities:

- * Main Coach/ Therapist: Eva Dalak
- * Daily check-in and one spiritual counselling session
- * Time journaling, sun/sea bathing

Optional recommended activities not included in the Contract:

- * Yoga and body work with Fabrice Renaudin
- * Sweating in Infrared sauna at Tierra de Sueno
- * Mud bathing and chocolate wrapping in jungle spa

The Coach will provide the following supplies required for the Program:

- * Green coffee
- * Ginger turmeric tea
- * Pipa
- * Green juice (celery, parsley, cucumber)
- * Blood juice (carrot, beet, ginger, turmeric)
- * Apple cider vinegar
- * Malic acid
- * Epsom salt
- * Organic extra virgin olive oil

The Client needs to bring own coffee enema bag.

In our Program we ensure that the Client understands the logic behind each of the activities and we support the Client in developing her own self-care program adapted to her daily life. We hope that the Client will continue pursuing the practice of self-care even after this program while remembering that chronic health challenges take years to develop, so it's unrealistic to expect such challenges to heal within a short period of time of this Program. Our program may make the Client feel better almost right away, but its positive effects will continue to manifest only as long as Client's dietary and lifestyle choices support them.

Regarding the coaching, it is a complex process that has both potential benefits and risks. Although no guarantees can be made, the coaching can lead to a reduction in feelings of distress, a better understanding of one self, improved relationships with others, and resolution of specific concerns that initially led the Client to seek counseling. Working towards these benefits can, at times, result in experiencing uncomfortable feelings like sadness, anxiety, frustration, etc. The coaching may result in changes that were not originally intended and may indirectly affect Client's family members and other individuals and relationships.

It is important that the Coach and the Client work cooperatively in establishing goals, evaluating progress and working through problems. The Client is encouraged to ask questions and address any concerns she may have.

The services contained in the Cleanse & Detox Program are provided only to persons aged 18 and over, who expressed the will to take part in it and who understand and acknowledge what is involved in these services and are willing to co-operate and follow the Terms and Conditions.

The Coach may decline the provision of services or suggest alternative support if she feels that she cannot support the Client, either due to the nature of her problem, lack of available time or scheduling problems.

E-mail communication

The Client is encouraged to add contact email addresses of the Coach (admin@evadalak.me and eva@evadalak.me) to her email contacts and also check spam/junk folders for correspondence.

Indemnification clauses

The Client confirms that she hereby assumes all risks and hold harmless, release, indemnify and defend the Coach and Casa Estrella real estate of and from any liability, claims, demands, actions and causes of action whatsoever, which may be associated with and/or

result from Client's involvement in dietary or physical activities connected to and/or arising from participation in the Cleanse & Detox Program, or related to any loss, damage or injury, including death, that may be sustained by the Client while participating in the Program.

The Client understands that treatment and therapy provided is intended to enhance Client's general well-being, but that it is not a substitute for medical treatment or medications. The Client is aware that the Coach does not diagnose illness or disease and does not prescribe medications.

The Client has informed the Coach of all her known physical conditions, medical conditions and medications, as well as if there are any significant health issues such as being pregnant, having high blood pressure or a heart condition, muscle or joint injuries, allergies or skin sensitivities, using any medications, or having had any recent surgery.

By execution of this release, The Coach and Casa Estrella real estate shall be indemnified by the Client for any injury to other person(s) or property which the Client may cause as a result of engaging in the Program or receiving services and/or during participation in the Program. The Client agrees that any and all disputes between herself and the Coach arising from participation in the Program, including any claims for personal injury and/or death, will be governed by the laws of Costa Rica.

In the event any section of this release is found to be unenforceable, the remaining terms shall be fully enforceable. This release shall be binding to the fullest extent permitted by law. This release shall be binding upon Client's assignees, heirs, next-of-kin, executors, personal representatives, and administrators and may be plead by the Coach as a complete bar and defense against any claim, demand, action or causes of action brought by the Client or on her behalf.

The Client confirms that she has carefully read the liability release, understood its contents and signs the Contract with full knowledge of its significance.

Agreement

- * The Client agrees that she is at least 18 years old.
- * The Client agrees that she is not experiencing a suicidal crisis and is not at risk of harming herself or anyone else.
- * The Client confirms that she understands that online coaching is not suitable for the mental health crisis.
- * The Client agrees that the Coach cannot be held responsible for providing services in the event of a crisis or emergency situation. While the Coach will do her best to assist as appropriate if a crisis or emergency develops during the Program, the Client is responsible for contacting the appropriate emergency services.

- * The Client agrees and understands that the effectiveness of the Program depends on the investment of time and energy she is willing to make. Generally speaking, the more it is invested in it, the more can be gotten out of it.
- * The Client understands and agrees that the therapeutic relationship depends largely on the input in solving your problems.
- * The Client agrees and understands that coaching can be challenging, as uncomfortable emotions and thoughts can arise as part of the treatment process.
- * The Client agrees and understands that once purchased, all session fees are non-refundable, including when sessions have been missed, or the Client has been late for or had expired sessions.
- * The Client agrees that she is seeking the Coach's services for personal use and is not using any of Coach's services or material to undertake research for either private use, use for study/projects/assignments of any kind private or public, or in an educational or training capacity, or for publication, or to plagiarise any of Coach's material.
- * The Client agrees that her participation in the Program will not be shared for any reason or in any form, be it recordings, transcripts, copying or reporting of or on the experience, impressions thereof, surveillance and any other use of the sessions, verbal or otherwise, without Client's prior agreement. The Client agrees not to record or tape sessions.
- * The Coach provides a duty of confidentiality to the Client. The Coach reserves the right to resist legal requests to produce records in court in order to protect her duty of confidentiality to all clients and to preserve her reputation as a provider of confidential coaching. The Coach is unable to provide records or information for legal proceedings when asked by Clients, their solicitors, the police and the courts unless a Subpoena ordered by a relevant court is ordered. The basic information that is held temporarily, is not suitable as evidence in legal proceedings.

Eva Dalak

The Coach

[Name and Surname]

The Client