



SUULA

RELEASE • RECONNECT • REVIVE

Participation & Sacred Space Agreement – Suula

1. A Shared Intention

At Suula, we create spaces for presence, connection, and meaningful experiences—ranging from retreats and wellbeing sessions to team gatherings and co-created programs.

Each gathering is shaped in collaboration with participants or partners. Some elements may include reflective, experiential, or body-based practices.

By joining a Suula program, you agree to the following intentions and guidelines where applicable to the nature of the activity.

2. Personal Responsibility

Your participation is voluntary and based on your own responsibility.

You are invited to:

- listen to your body, emotions, and boundaries
- choose what feels right for you in each moment
- take full responsibility for your own wellbeing

You are always free to pause, step out, or modify your participation in any activity.

3. Wellbeing & Health (Where Applicable)

Some Suula programs may include wellbeing-oriented elements such as movement, reflection, breathwork, or other experiential practices.

For these elements:

- participation is always optional
- you are responsible for assessing what feels appropriate for you
- you are encouraged to share relevant information (e.g. injuries, allergies, or conditions) that may impact your participation

Suula's offerings are not a substitute for medical or psychological treatment.

4. Confidentiality & Respect

Suula spaces are often shared with people who already know each other (such as teams or existing groups), and sometimes with participants meeting for the first time.

In both cases, we invite a foundation of trust and respect.

Where personal sharing or reflection is part of the experience:

- you are encouraged to treat what is shared within the space with care and discretion
- if the group consists of participants who do not know each other, we ask that personal stories or experiences are not shared outside the space
- if you are part of an existing team or group, we invite you to be mindful and respectful in how you hold what is shared

As a facilitator, Suula treats anything shared, observed, or experienced during sessions with confidentiality and respect.

We hold the space with integrity and do not share personal information outside the context of the experience, unless explicitly agreed or required by law.

This shared awareness helps create an environment where everyone can feel at ease to participate in their own way.

5. Boundaries & Consent

Respect for personal boundaries is essential, particularly in interactive or experiential elements.

You agree to:

- ask for consent before physical contact (where relevant)
- respect a “no” without question
- communicate your own boundaries clearly

6. Participation in Program Elements

Suula programs may include a variety of elements, such as:

- facilitated group sessions
- creative or reflective exercises
- team-building activities
- wellbeing or body-based practices

You understand that:

- not all elements apply to every program
- you are free to engage at your own pace
- you may opt out of any activity

7. Liability

While we take care in designing and facilitating our programs, participation is at your own risk.

Suula is not liable for:

- injuries, loss, or damage occurring during participation
- physical or emotional responses related to optional activities

8. Use of Personal Information

Any personal or health-related information you choose to share is used solely to support your experience and safety, in line with our Privacy Statement.

9. Photography & Media (Optional)

During some programs, photos or videos may be taken.

We will always:

- inform you in advance
- ask for your consent where appropriate
- respect your preference not to be included

10. A Gentle Closing

Suula invites a way of being that is grounded in awareness, respect, and shared responsibility.

You are welcome exactly as you are—and encouraged to participate in a way that feels aligned for you.