



ISTA SSEx

~ Spiritual Sexual Shamanic Experience ~ Level 1 ~

~ Brazil 2020 ~

Group Agreements

1. I agree to breathe, to feel, to be present and to be authentic.
2. I agree to maintain confidentiality. This means not disclosing any individual's identities, stories, and experiences. I am free to speak about my own experience in the training.
3. I agree to show up for class each day at the agreed upon time for the duration of the training.
4. I understand that everything that occurs during this training (from opening circle to closing circle) is part of the transformational process of the event.
5. I agree to request support, guidance, and help using clear direct requests when I desire it.
6. I agree to be coachable and I am open to feedback and direction from facilitators.
7. I agree to take full responsibility for the nature of my experience.
8. This course is designed to awaken powerful emotional energies. I agree to use the tools, techniques and philosophies being taught to process these emotions.
9. I agree to refrain from drugs and alcohol during the training.
10. I agree to not gossip on the training about others, and to speak directly to the person I have an issue with. If someone attempts to gossip with me about others, I agree to support them to speak directly to the person concerned.

11. I agree to ask people if they want feedback before I give it to them, and at a time that is suitable for both of us.
12. I understand that this retreat explores sexuality. As adults (including facilitators) we agree to be responsible for our own sexual experiences and interactions with others. If I choose to act on my or others desires, I will use clear direct verbal communication and safer sex practices.
13. I agree to allow people to have their experience and not intervene unless they ask for support: ie not passing tissues or giving touch/hugs or advice that has not been requested.
14. If at any time I feel that the training is not appropriate for me or I wish to leave the training, I agree to bring my concerns directly to the course instructors.
15. I understand that if I break these agreements, I may be compromising the value I could receive from this training.
16. I agree that specific course details are only examples of what may occur as each event unfolds uniquely

Printed Name

Date

Signature

