

Guidelines Session and Events | Mediflow 2023

In order to create a safe space where everyone feels free to open up as much as possible, we have established the following guidelines:

- Respect your own and each other's boundaries
- Respect yourself and your feelings. You are responsible for yourself. Therefore, never try to accommodate another person at your own expense.
- You can always say 'no' or 'stop,' or choose not to participate in an exercise.
- If you want to leave the event early, please inform the facilitators so that they know where you are.
- If you're unsure about how you feel or what you want, take a step back and wait until things become clear to you.
- See if you can remain curious and open, even when you have a painful/difficult experience or feel resistance. Painful and challenging experiences often provide the most interesting and enlightening lessons about yourself.
- Feel welcome with all that is alive in you at that moment.