



# Crizalia — Health Declaration

Please fill in, sign, and return before booking

Crizalia retreats may involve practices that ask a lot of your body and nervous system — intense breathwork, long meditations, outdoor walking practices, and (depending on the retreat) ceremonies that can extend through the night with smoke exposure and sleep deprivation. Some of these practices have known health contraindications. We ask these questions so we can keep you — and everyone in the circle — safe.

## Your details

<b>Full name</b>	
<b>Date of birth</b>	<i>DD / MM / YYYY</i>
<b>Street and number</b>	
<b>Postcode and city</b>	
<b>Country</b>	
<b>Email</b>	
<b>Phone</b>	
<b>Emergency contact — name</b>	
<b>Emergency contact — phone</b>	
<b>Retreat you are booking</b>	

## How we handle your answers

Your answers are health data within the meaning of Article 9 of the GDPR. Only the retreat facilitators see them. We keep them for up to three months after the retreat ends, then delete them. You can withdraw your consent at any time by emailing [info@crizalia.com](mailto:info@crizalia.com).



## Health questions — please tick Yes or No

	Yes	No
<b>1. Cardiovascular.</b> Any heart condition, cardiovascular disease, history of stroke or heart attack, arrhythmia, or severe / unstable high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Neurological.</b> Epilepsy, a seizure disorder, aneurysm, or a history of severe neurological events?	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Eyes / bones.</b> Glaucoma, retinal detachment, or severe osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Recent or acute.</b> Any surgery within the last 6 months, a significant fracture, or an acute infectious illness right now?	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Psychiatric.</b> Acute psychiatric condition currently or within the last 12 months (e.g. psychosis, mania, severe depression, severe anxiety, PTSD); psychiatric hospitalisation; or suicidal thoughts?	<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Pregnancy.</b> Are you currently pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
<b>7. Medication.</b> Any medication affecting your cardiovascular, neurological, or psychiatric function; blood thinners; or anything else that may interact with intense breathwork, fasting, smoke, or sleep deprivation?	<input type="checkbox"/>	<input type="checkbox"/>

## If you answered Yes to any question, please describe briefly

*If you have a relevant condition, your participation depends on sending us a short written confirmation from a qualified healthcare professional that you are fit to participate, at least 14 days before the retreat starts. We'll email you after booking with where to send it.*

## Your declaration

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By signing this form I confirm the information above is complete and truthful.

I understand that incomplete or false information breaches my **pre-contractual duty to inform** (*devoir précontractuel d'information*) under Article 1112-1 of the French Civil Code — a **mandatory provision of public policy** (*disposition d'ordre public*) that cannot be limited or excluded by agreement.

It may entitle Crizalia to rescind the contract for **fraudulent misrepresentation** (*dol*) under Article 1137 of the French Civil Code, which expressly covers deliberate concealment (*réticence dolosive*) of information known to be decisive for the other party's consent.

It may also reduce or exclude my rights to damages under the principle of **victim's contributory fault** (*faute de la victime*) — Cass. 3ème civ., 5 June 2025, n° 23-23.775.

If I have disclosed a relevant condition, my participation is subject to a **condition precedent** (*condition suspensive*) under Article 1304 of the French Civil Code: I must send the medical confirmation on time. If the confirmation does not arrive, my booking lapses automatically.

## Your consents

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**Contract terms.** I have read and accept the Terms & Conditions, Cancellation Policy, and Privacy Policy.

**Health-data consent (Art. 9(2)(a) GDPR).** I explicitly consent to Crizalia processing my health data above for the sole purpose of checking my fitness to participate. I understand access is limited to the retreat team and the data is deleted within three months of the retreat ending.

## Signature

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Place and date

Signature

## About cancellation and applicable law

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Crizalia retreats are leisure-activities services provided on specific dates. The statutory 14-day right of withdrawal for distance contracts does **not** apply, pursuant to Article L221-28, 12° of the French Consumer Code (*Code de la consommation*) and Article 16(l) of EU Directive 2011/83/EU, which is transposed across the EU. Cancellations are governed exclusively by our Cancellation Policy.

The contract is governed by French law. Crizalia is established in Lille, France (Article 4(1)(b) of the Rome I Regulation — Regulation (EC) No. 593/2008 — for services contracts). If you are habitually resident in another EU/EEA member state, the mandatory consumer-protection provisions of your country of residence apply alongside French law (Article 6 of the Rome I Regulation), to the extent they afford you a higher level of protection that cannot be derogated from by agreement.