

ESSENTIAL ELIGIBILITY CRITERIA

Each participant must have the ability to:

- Move three to five miles in a backcountry environment
- Swim or navigate safely in the water (waterfalls, creeks, rivers and lakes)
- Independently navigate rough terrain, including safely maneuvering around and across boulders, rocks, slippery and uneven surfaces, under low branches and around vegetation. This includes the ability to occasionally maintain your balance on narrow parts of the trails, near precipitous ledges or cliffs.
- Move and maintain your balance on backcountry hiking trails, including trails with rocks, roots and low branches. The trails could be dusty, steep and present numerous reinforced log steps, loose rocks and horse excrement.
- Carry your own daypack with water, clothes, food and other items.
- Follow both verbal and non-verbal instructions given by the guide in all situations, including during stressful or dangerous situations and to effectively communicate with the guide and other guests.
- Manage all personal care independently or with the assistance of a friend or family member.
- Maintain proper dosage by medicating independently or with the assistance of a friend or family member if taking prescription medications.
- Remain adequately fed, hydrated and properly dressed so as to avoid environmental injuries such as hypothermia, heat related illness, sunburn and frostbite.

The above criteria, if not met, might disqualify a person from participating in a sacred nature hike experience with Violet Flame Healing and Guidance. The criteria exist for your own safety and that of all trip participants. None of the criteria are meant to discriminate on the basis of any physical or mental disability and are applied uniformly to all potential trip participants, irrespective of the presence or absence of any disability. Violet Flame Healing and Guidance is committed to making reasonable modifications to any trip for any persons with a disability, so long as they do not fundamentally alter the nature of the trip.