

RIGPA RETREAT HEALTH CARE ADVISORY

Rigpa Retreats are based on Tibetan Buddhist teachings and traditions and are not a substitute for psychotherapy, psychiatric treatment or medication of any kind.

If you have a psychological, psychiatric, or medical condition, talk to your physician or therapist before registering for the retreat.

Rigpa does not provide mental health care.

In the event that you do attend the retreat:

- Please advise us directly of your psychological, psychiatric or medical situation by emailing gai.roper@rigpa.org.au.
- **If you take prescribed medication of any kind, please continue the medication as prescribed during the course of the retreat.**
- If you are travelling to Australia from overseas (particularly from countries where there is no reciprocal health care agreements) ensure you have appropriate travel and health insurances to cover unexpected costs while at retreat. Information regarding reciprocal health care agreements with Australia can be found at [this link](#). Please print the confirmation for your records.

If you disregard this advice we regret that Rigpa cannot be held responsible. We reserve the right to ask those who are a threat to others or to themselves to leave retreat and seek professional help elsewhere.