



Medicinal Mindfulness Events LLC
Conscious Cannabis Event™
Welcome & Logistics Information 2017 v3

Welcome! We are excited to share this beautiful experience with you and your friends. Please read this document and please ask use any questions you may have. We are here to support you in this transformational process. Conscious Cannabis Events are safe, sacred and legal meditation and inner journey experiences that use cannabis in an intentional setting to elicit amazing results. We want you to feel as comfortable, prepared, and ready for as fun and engaging an event as possible.

Location is provided to our participants. Our main location is near Boulder, Colorado.

Designated Driver Required - No exceptions.

- **Ridesharing:** www.uber.com & www.lyft.com
- **Local Taxi:** www.zTrip.com (303)699-8747 - Taxis can be scheduled before event begins.

The Following Forms must be filled out - copies will be at the event but prior completion recommended.

Simple Registration Form before each event:

- CCE Registration <https://www.smartwaiver.com/v/cceregistration/>

First Time, then only once a year after that:

- CCE Participation Agreement <https://www.smartwaiver.com/v/cceagreement/>

CCE Safety Self-Assessment - recommended before attending. Can be reviewed by a MM Facilitator before an event. Required for series through brief phone conversation. Sent as a pdf with this welcome letter.

If you are being invited to a private event by a friend, simply fill out the forms above and note the event and host name in the registration form. **Please use a private email that you check for communication purposes.**

If you are attending one of our ongoing events, such as a Cannabis Healing Meditation or Conscious Cannabis Circle, email events@medicinalmindfulness.org to reserve your spot and to receive registration instructions.

What to Bring

1. **For Comfort:** Pillows, yoga mat, eye covering, bolster and blankets. We have some but having your own is strongly encouraged. Clean, unclogged pipe/vape and lighter (we also have plenty of extras) Water bottle with top and journal/art supplies.
2. **Drivers license or ID** (to verify 21+)
3. **Optional:** a small symbolic offering (such as a small stone, etc. that you're okay letting go of but has some meaning to you). These are used to create a Community Mandala art piece.
4. **Cannabis:** 0.5-1.0 grams of high quality cannabis flower. More info below.

Cannabis Strain Recommendations

- Your favorite strain. You can't go wrong with choosing your favorite herb for these experiences. It is your favorite for a reason and we trust that.
- Combine 1/2 favorite sativa with 1/2 favorite indica.
- Combine 1/3 favorite sativa, indica and hybrid.
- Share with friends at the event. Bring your favorite and trade for another's favorite. Community blends are great.

Cannabis & Mental Health

Your Conscious Cannabis Circle experience can be just as evocative as other mind altering substances. These experiences are very safe when the right preconditions are present, so it is important to be honest with yourself about your readiness. Use our safety self-assessment to make an informed decision. If you wish to set up an individual conversation with a Medicinal Mindfulness facilitator about safety or any concerns you may have, they can be scheduled on a prorated basis. We are happy to answer simple questions through email correspondence as well. events@medicinalmindfulness.org.

Conscious Cannabis Experiences are very safe but are not for everyone. Contraindications (reasons not to attend) include, but are not limited to, pregnancy and serious physical health problems such as cardiovascular problems, severe hypertension, recent surgery or fractures, acute infectious illness, or epilepsy, or severe mental illness such as severe/acute anxiety or other mood disorders, psychosis, bipolar disorders, personality disorders, acute/unprocessed trauma and PTSD, acute addictions, suicidal ideation/self harm and tendencies for disruptive behavior.

Cannabis Fasts

We recommend taking what we call a “Cannabis Fast” before attending a Conscious Cannabis Event. Just a day or two, especially the day of, can make a difference. Some choose to take a fast for a week or more. It is your choice.

Non-smoking Cannabis Alternatives

Some participants prefer to bring a non-smoking alternative to the circles, such as an edible, tincture or oil, or have asked about using smokable concentrates. Due to factors related to concentrates & edibles, **pre-approval is required**. Email events@medicinalmindfulness.org. **The use of any other substance is strictly forbidden.**

Cannabis & the Law

Conscious Cannabis Events comply with all local and state laws. However, even in Colorado it is possible to be fired for even responsible, off the job use. We do our best to ensure your privacy but we cannot guarantee any outcomes, particularly in regards to use and employer policy.

Conscious Cannabis Events are private, invitation only events. According to the Colorado NORML publication, [The Responsible Consumer’s Guide to Marijuana in Colorado](#), “Private vs. Public: The Colorado constitution, protects private marijuana use, so you can consume openly at a residence or outdoors on a porch or balcony as long as the property owner allows it. Marijuana cannot be consumed openly and publicly, such as on streets and sidewalks, or in public parks. Localities may have their own regulations on where you can consume, so you should check local laws first.”

Some Legal Stuff

Medicinal Mindfulness Events LLC is a professional mindfulness training and education program, and a meditation and breathwork event company that offers harm reduction services and facilitates private meditation experiences in conjunction with such services. Because some of our clients are cannabis users and/or psychedelic medicine users, we use language on our website and marketing material that is nonjudgemental and accepting of personal medicine use decisions. The purpose of Medicinal Mindfulness is to provide our services within the legal constraints of our society so that we can (1) best reach those who need the services we provide, and (2) to inspire others by living into what is now possible to do in compliance with the law. Medicinal Mindfulness fully complies with all local and Colorado State cannabis laws, and all relevant federal regulations. We are a [harm reduction service](#) and education company. We do not encourage any illegal activities or the use or abuse of cannabis or any other medicine. Nor do we believe that cannabis or psychedelic medicine exploration, even within the confines of applicable laws, is appropriate or beneficial for everyone. We are conditional advocates for intentional, sacred and non-habitual cannabis use for those individuals who already use cannabis on their own. **Medicinal Mindfulness does not provide or sell cannabis for any aspect of our program**, and it is not a retailer, supplier, reseller, distributor, agent, representative or subcontractor of any cannabis supplier or retailer. Any decision by you or another Medicinal Mindfulness event participant to purchase or accept such products from a vendor or individual outside of our program is a decision made at your sole discretion. Medicinal Mindfulness does not and does not intend to provide supplier, retailer, or distributor services or act in any manner as a cannabis vendor or retailer. Medicinal Mindfulness disclaims all responsibility or liability for any sale of cannabis voluntarily provided to you by such vendors. Please direct any inquiries about our services to events@medicinalmindfulness.org.