

Carleton College

ALUMNI ADVENTURES

Explore the world

Sri Lanka: Outer Travels, Inner Explorations

November 29-December 14, 2015 (16 days)

with Roger Jackson, Carleton Professor of Asian Studies and Religion, and Pam Percy, Somatic Yoga instructor

Dear Carleton College Alumni and Friends,

I invite you to explore Sri Lanka's diverse cultural and natural treasures with **Carleton professor Roger Jackson and his wife, Pam Percy**. At Carleton, Roger teaches courses on South Asian religions, especially Hinduism and Buddhism; and in Northfield, Pam teaches hatha yoga, Hanna Somatics, and somatic yoga.

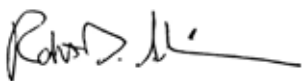
Highlights of our itinerary are many and varied, beginning with an excellent introduction to the country: three nights in the capital city of **Colombo**. You will visit six UNESCO World Heritage sites: **Anuradhapura**, home to the bo tree reputedly grown from a cutting of the tree in India under which the Buddha attained enlightenment; the rock fortress of **Sigiriya**, location of many Buddhist monasteries; the impressive ruins of **Polonnaruwa**, whose sculpture is some of the best on the island; the caves of **Dambulla**, housing a mixture of religious and secular painting and sculpture; **Kandy**, with its famed Temple of the Tooth; and **Galle**, which has retained much of its colonial atmosphere.

Along the way, explore some of Sri Lanka's finest natural treasures, including **Ritigala Nature Reserve** and **Yala National Park**, whose wildlife include leaf eating monkeys, elephants, leopards (although they are not so commonly seen), and a rich variety of bird life.

Enjoy **excellent accommodations and first-class cuisine** throughout this well-paced tour. An expert local guide/trip manager will also accompany you and handle all of the travel logistics and details. Every aspect has been carefully planned to maximize your time and experiences.

Please share this unique experience with Roger and Pam, who will provide insights into the history and culture of Sri Lanka plus Buddhist meditation and somatic yoga. There is **only one departure**, so I urge you to contact the Alumni Adventures office today to reserve your space.

Sincerely,



Robert D. Smulian, Class of '78

President, Carleton College Alumni Association



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===== B = Breakfast, L = Lunch, D = Dinner =====

Sunday & Monday, November 29 & 30: Arrive Colombo, Sri Lanka

Upon arrival in Colombo, transfer to our hotel. Since most flights will arrive very early on the morning of November 30th we have also reserved an overnight for the group on the evening of November 29th so that you may check in when you arrive, whether it is late on November 29th or very early on November 30th. Gather late in the afternoon on November 30th for an orientation meeting with Roger Jackson and Pam Percy.

Overnight at the Cinnamon Grand Hotel for three nights.



(Above) Dating from the 1st century B.C., Dambulla, a UNESCO World Heritage site, features five caves with 150 Buddha images plus frescoes. Many believe that Kelaniya Temple (below) was sanctified by the Buddha during his final visit to Sri Lanka in the 5th century B.C.

Tuesday, December 1: Colombo

After a late breakfast, begin our exploration of Colombo with a visit to the Sepumal Foundation, located in the former home of Harry Pieris, one of Sri Lanka's foremost contemporary artists. Continue on to the Gotami Vidyalyaya at Boterella, which houses a fine set of paintings by George Keyt, another contemporary artist, that depict scenes from the life of Buddha. After lunch at a local restaurant, tour the National Museum, whose many fine exhibits include a magnificent, 4th-century stone Buddha from Anuradhapura (which we visit on Dec. 3rd); exquisite 12th-century bronzes of Hindu gods discovered at Polonnaruwa (which we visit on Dec. 5th); and in the gardens, a number of spectacular carvings. Enjoy a welcome dinner and cocktails at our hotel this evening. (B,L,D)

Wednesday, December 2: Colombo | Kelaniya | Pinnawela | Habarana

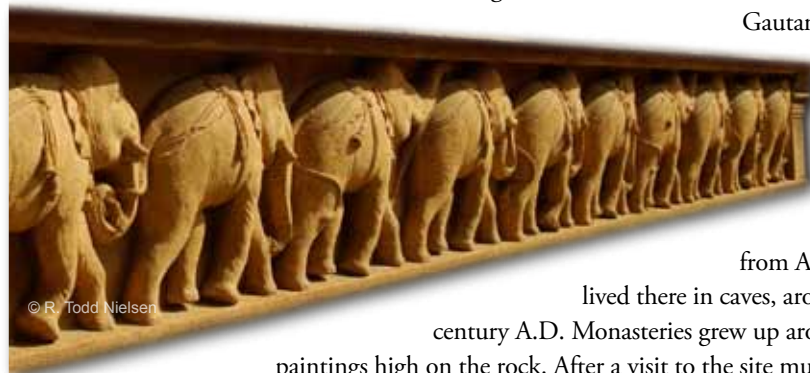
Depart Colombo this morning for a visit to Kelaniya, a center of traditional Sri Lankan pottery and the site of the Kelaniya Rajamahavihara, perhaps the most important temple in the Colombo area. It was here, according to legend, that Buddha converted the earliest inhabitants of Lanka to Buddhism when he visited the island. Drive to the Elephant Orphanage at Pinnawela in time to witness the bathing of the elephants. After lunch at the Elephant Bay Restaurant, drive to Habarana and check in to our hotel, where we have dinner this evening. *Overnight at the Cinnamon Lodge Habarana for five nights.* (B,L,D)

Thursday, December 3: Habarana | Anuradhapura | Habarana

Spend a full day exploring Anuradhapura, the country's capital for 1,400 years and today a UNESCO World Heritage site. Buddhism was the state religion for most of Anuradhapura's long history and the city was dominated by huge dagobas (bell-shaped stupas), which were the centerpieces of the great monasteries. Begin our visit at the Thuparama Dagoba, the oldest dagoba in Sri Lanka, said to contain the collarbone relic of the Buddha. Also included are visits to Ruwanveliseyya and Jetavana Dagobas, and to the Sri Maha Bodhi, the bo tree (*Ficus religiosa*) that was carried to Anuradhapura as a sapling taken from the tree in India beneath which Gautama Buddha attained enlightenment. Return to Habarana in time for dinner. (B,L,D)

Friday, December 4: Habarana | Sigiriya | Habarana

Drive this morning to climb the Rock of Sigiriya, a UNESCO World Heritage site, which rises 600 feet from the surrounding forests. It was the fort and palace of King Kasyapa (who reigned from A.D. 477-495), and was a 'wonder of the world.' Buddhist monks lived there in caves, around the base of the rock, from the 3rd century B.C. to the 1st century A.D. Monasteries grew up around the caves, and pilgrims made their way up to see the beautiful paintings high on the rock. After a visit to the site museum, return to our hotel for lunch, followed by an afternoon at leisure. Gather this evening for dinner at our hotel. (B,L,D)



Saturday, December 5: Habarana | Polonnaruwa | Habarana

This morning drive to Polonnaruwa, the capital of Sri Lanka from the 11th to the 13th centuries and today a UNESCO World Heritage site. Spend the morning exploring the site, beginning at the Gal Vihara, where four 12th-century statues of Buddha were cut from a single granite rock. Stop at the Royal Palace, a magnificent structure said to have had seven stories. At the 13th-century Hindu Temple of Siva Devale, note the superb quality of the stonework, which fits together with unusual precision. After lunch at the Sudu Araliya Hotel, visit the Royal Baths and the Tivanka Image House, one of the few surviving structures of the Jetavanarama monastery. The building is notable for its fine interior frescoes. Return to Habarana, where the remainder of the afternoon is at leisure until we gather for dinner. (B,L,D)

Sunday, December 6: Habarana | Kalawewa | Ritigala | Habarana

Travel this morning to the great water tank of Kalawewa to see the 5th-century statue of the Aukana Buddha, which stands 42 feet high. Afterwards, visit Ritigala Nature Reserve, whose wildlife includes leaf eating monkeys, elephants, leopards, and a rich variety of bird life. There is a forest hermitage complex within the site, and Brahmi inscriptions in the caves date the site to between the 3rd and 2nd centuries B.C. Return to Habarana where the remainder of the afternoon is at leisure until we gather for dinner. (B,L,D)

Monday, December 7: Habarana | Dambulla | Aluvihara | Nalanda | Kandy

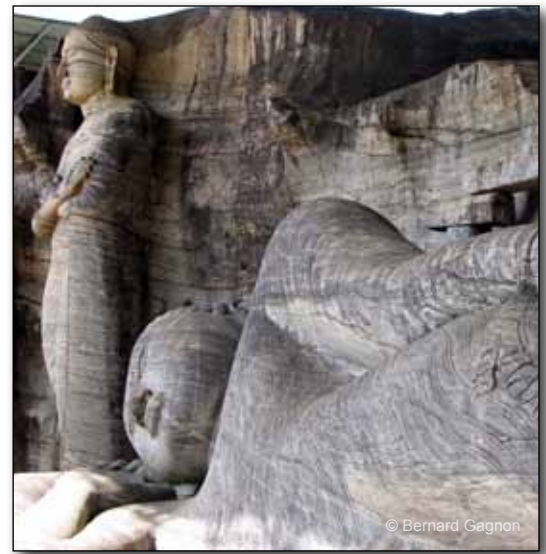
Depart Habarana early this morning for a drive to Kandy, with several stops along the way. Our first stop is at Dambulla, a UNESCO World Heritage site, where King Valagambahu had a magnificent rock temple built in the 1st century B.C. Five separate caves at the site contain 150 Buddha images in a variety of positions, plus frescoes in glowing colors depicting scenes from the Buddha's life and events in Sinhalese history. Continue on to the rock monastery of Aluvihara, whose caves are situated among rocks from the mountainsides, high above the valley, which have fallen in a jumble. Many of the caves have fine frescoes, and it is said that the doctrines of the Buddha were first recorded here around the 1st century B.C. On our way to Nalanda, pass spice gardens, coffee plantations, and pepper vines. There will be a chance to stop at a spice garden, where can be seen nutmeg trees and many other spices grown in Sri Lanka. Nalanda, the oldest surviving stone building in Sri Lanka, dates back to the 8th century B.C. and is said to be a shrine of the Mahayana sect of Buddhism. Continue on to Kandy and check-in to our hotel. *Overnight at the Earl's Regency Hotel for three nights.* (B,L,D)

Tuesday, December 8: Kandy

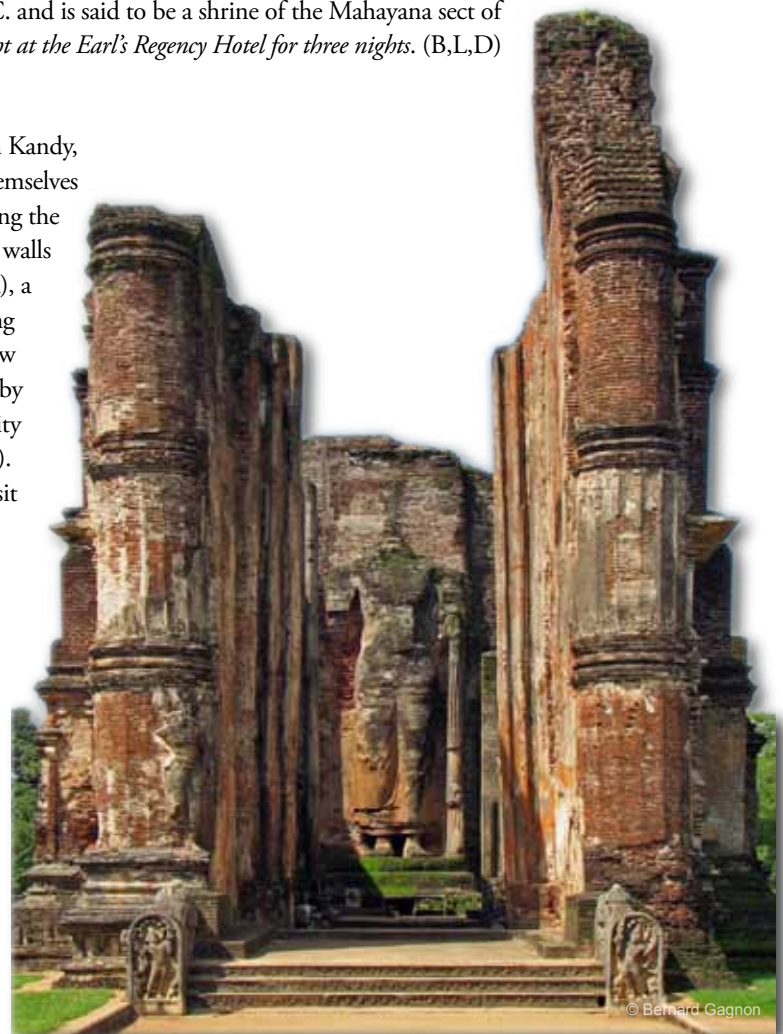
Sri Lanka is an intensely Buddhist country, and this is most apparent in Kandy, now a UNESCO World Heritage site. Sinhalese Buddhists consider themselves the chosen people of the Buddha, charged with protecting and preserving the Buddha's teachings in their most pristine form. Massive, cream-colored walls surround Kandy's Temple of the Tooth (the sacred tooth of the Buddha), a famous pilgrimage site. Early this morning, listen to the daily drumming and watch the shrine room opened for devotees to offer flowers and view the golden casket that encases the Tooth Relic. Continue on to see nearby Hindu shrines dedicated to the gods Natha, Vishnu, and Patthini; Trinity College Chapel; and a mosque (which may be viewed from the outside). After a visit to the National Museum and lunch at a local restaurant, visit the 14th-century temple at Embekke, dedicated to the god Kataragama and famous for its woodcarving. Our final visit of the day is the 18th-century Degaldoruwa Temple, a cave temple with paintings that are considered the best known examples from the Kandyan era. Return to our hotel for dinner and a dance performance. (B,L,D)

Wednesday, December 9: Kandy

Enjoy a morning at leisure in Kandy. This afternoon, visit Udawattakele Forest Sanctuary and the Peradeniya Botanic Gardens of Kandy, which are the largest in Sri Lanka (146 acres) and include a fine collection of orchids, a stately avenue of royal palms planted in 1905, and a giant Javan fig tree. The University of Peradeniya is nearby, and we will have an opportunity to drive through its grounds. Return to our hotel for dinner. (B,L,D)



The vast, ancient Sri Lanka capital of Polonnaruwa is another of the six UNESCO World Heritage sites we visit. We'll see four 12th-century statues of Buddha cut from a single granite rock (above) and the Lankatilaka, an enormous brick structure (below) that preserves a colossal image of the Buddha.



Thursday, December 10: Kandy | Nuwara Eliya

After breakfast, drive through tea estates to Nuwara Eliya, in the heart of tea country. Along the way you will stop to visit a tea plantation and factory. This is a land of monochromatic mists punctuated by wildflowers, and the green of rounded tea bushes is virtually everywhere. Nuwara Eliya was the favorite hill station of the British, and it can sometimes feel like England, with its old pink-brick post office and English country houses. *Overnight at the Heritage Tea Factory Hotel.* (B,L,D)

Friday, December 11: Nuwara Eliya | Yala

Depart Nuwara Eliya this morning and board a local train for a scenic ride to Ella, a lovely, hill-country village. Visit the beautiful Ravana waterfall, and then continue on to Yala, where we check-in to our hotel. *Overnight at the Jetwing Yala Hotel for two nights.* (B,L,D)

Saturday, December 12: Yala

This morning we explore by jeep the 377-square mile Yala National Park, one of the best places in the country to see elephants, leopards (although they are not so commonly seen), and a wide variety of bird life, including garganey, teal, sandpipers, snipe, bittern, and plovers. After lunch at our hotel and perhaps some time at leisure, visit the Kataragama shrine complex, a place of worship not only for Hindus but also for Buddhists, Muslims, and some Christians. (B,L,D)

Sunday, December 13: Yala | Galle

Depart Yala this morning and drive along the southern coast to Galle, capital of the southern province, famous for its Old Town and fortifications (a UNESCO World Heritage site), lace making, ebony carving, and gem-polishing. Visit the Galle Maritime Museum and the old Dutch fort, including some of the older buildings within the fort that date from the Dutch era. End the day at a wonderful craft shop called Barefoot, and check in to our hotel, where we enjoy a farewell dinner this evening. *Overnight at the Lighthouse Hotel.* (B,L,D)

Monday, December 14: Galle | Colombo | Home

Enjoy a morning boat ride on one of the rivers that empties into the ocean near Galle. After lunch, drive to Colombo, stopping along the way at a turtle hatchery. In Colombo, check-in to the Cinnamon Grand Hotel, attend a wrap-up session with Roger Jackson and Pam Percy, and relax. Depart for the airport just before midnight for return flights to the U.S., arriving the same day. (B,L,D)



The Peradeniya Botanic Gardens contain over 4,000 species of plants, including giant palms and exquisite orchids (above). On the south coast we'll see fishermen perched on stilts (below).



Carleton Study Leader & Hosts



Roger Jackson is John W. Nason Professor of Asian Studies and Religion at Carleton College, where he teaches courses on South Asian religions—especially Hinduism and Buddhism—as well as mysticism and religious poetry. He has a B.A. in Religion from Wesleyan, an M.A. in South Asian Studies, and a Ph.D. in Buddhist Studies from the University of Wisconsin. Roger has published widely on Indian and Tibetan Buddhism, and has edited two international Buddhist studies journals. He has studied, traveled, and lived in South Asia multiple times, including Sri Lanka, where he twice directed the ISLE off-campus study program. A long-time practitioner of Buddhism, Roger is a regular teacher at Gyutö Monastery in Minneapolis and a frequent guest speaker at Buddhist centers in the Twin Cities area.

Pam Percy is a certified teacher of hatha yoga, Hanna Somatics, and somatic yoga, all of which she teaches in Northfield, MN. She worked for many years as a registered nurse, specializing in home care and hospice; as an elementary-school librarian; and for Carleton's Admissions office. Pam has a B.A. in Psychology from the University of California at Santa Barbara and a B.S.N. from the University of Wisconsin. She has been practicing yoga and Buddhist meditation for all of her adult life, and has traveled extensively in South Asia, including long stints in Nepal, India, and Sri Lanka.



Tour Prices (Per Person)

Double Occupancy (16 to 20 participants)	\$6,795
Double Occupancy (10 to 15 participants)	\$7,045
Double Occupancy (6 to 9 participants)	\$7,495
Single Supplement.....	\$1,845

PRICES INCLUDE:

- Carleton study leader/hosts Roger Jackson and Pam Percy;
- All accommodations in deluxe or finest available hotels as per the itinerary;
- All meals, including welcome and farewell dinners with cocktails;
- All excursions and entrance fees as per the itinerary, with local mineral brand water provided;
- All surface transportation by deluxe, air conditioned motorcoach and a Yala National Park visit via 4-wheel drive;
- Services of a local, English-speaking guide;
- Arrival and departure airport transfers;
- All tips to porters, guide and drivers;
- Still camera fees;
- Local taxes and service charges;
- Porterage at the airport;
- Comprehensive pre-departure information, including a suggested reading guide, travel guide and packing list.

Yoga and Meditation: A unique feature of this Alumni Adventure will be the opportunity to complement our travels through Sri Lanka's geography, culture, history, and religion with inner and bodily exploration rooted, directly or indirectly, in South Asian culture. At various points during the trip, time and space permitting, we will be led by Pam Percy in Hanna Somatics or Somatic Yoga, which are gentle, mindful, physical practices that assist us in releasing patterns of chronic tension, thereby creating more comfort and ease in our own bodies. There also will be regular opportunities for the practice of mindfulness meditation, led by Pam Percy or Roger Jackson. Mindfulness meditation, the health benefits of which have been amply documented, is based on the Buddhist meditation technique called *satipatthana*, which may have been taught by the Buddha himself, and is the main style of meditation taught in Sri Lanka. These activities, which are suitable for people of any age or physical condition, are completely optional. They require no previous experience, and will be taught in a non-sectarian spirit.

What to Expect: You must be in good physical condition and able to make long walks, unassisted, over uneven terrain and up and down steps (sometimes without handrails). If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand, and discuss whether or not this program is appropriate for you. All participants are expected to be physically active, to enjoy traveling as part of a group, and to be ready to experience cultural differences. The general infrastructure of Sri Lanka is quite good, and our first-class hotels offer a wide range of services. Motor coaches are modern and comfortable, and the roads are paved and generally in good condition, but there is repair work going on in some areas that may affect traffic. In November and December, average day-time temperatures range from the low 50s to high 60s F in the interior highlands, and from the low 70s to mid-80s F in the lowlands. Detailed pre-departure information will be sent to participants.

Air Arrangements & Transfers: Round-trip international airfare between home and Colombo, Sri Lanka, is **not** included. Transfers in Sri Lanka on arrival and departure are included. Several carriers offer flights to Sri Lanka. **Once you have received your final payment invoice, you should book your flights from/to home. If you are considering booking your flights before this time, please contact our office first. We do not accept liability for cancellation penalties related to domestic or international airline tickets..**

RATES DO NOT INCLUDE: International airfare from/to your home airport; passport and visa fees (Sri Lanka visa fee \$25 per person); inoculation fees; all airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as laundry; alcoholic or other beverages (except as noted above); taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour.

CANCELLATION POLICY: All requests by passengers for cancellations must be received in writing. Cancellations received at least ninety (90) days prior to departure are fully refunded less an administrative fee of three hundred dollars (\$300) per person. Cancellations received between eighty nine (89) and sixty (60) days prior to departure are fully refunded less an administrative fee of two thousand dollars (\$2,000) per person. Cancellations received within sixty (60) days of departure are subject to 100% of the tour cost.

For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. An application will be sent with confirmation of receipt of your deposit.

NOTE: Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, and leaders are subject to change.

Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason.

For questions and to make a reservation please contact:

Carleton College
ALUMNI ADVENTURES
explore the world

(800) 811-7244

Email: carleton@studytours.org

Website: go.carleton.edu/adventures

PO Box 938, 47 Main Street, Suite One, Walpole, NH 03608

Toll Line: (603) 756-4844 Fax: (603) 756-2922



Sri Lanka: Outer Travels, Inner Explorations
November 29-December 14, 2015 (16 days)

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-811-7244 or carleton@studytours.org

Name 1: _____
(as it appears on passport) Carleton Class of: _____

Name 2: _____
(as it appears on passport) Carleton Class of: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone (h) _____

Phone (w) _____

Phone (cell) _____

Email _____

☐ **I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.**

ACCOMMODATIONS:

☐ Double (*one bed*) ☐ Twin (*two beds*) ☐ Single

☐ I will be sharing with: _____

☐ Share—please assign a roommate (not guaranteed)

I am a ☐ Non-smoker ☐ Smoker

RESERVATIONS & PAYMENT:

A deposit of \$1,000 per person is required to confirm a reservation. Final payment is due 90 days prior to departure. You will receive an invoice for final payment. **Please note that credit cards are not accepted for final payment.**
All prices and payments are in US dollars.

DEPOSIT TYPE (PLEASE CHECK ONE):

☐ Check payable to: EOS Passenger Account—CAA Sri Lanka 11/15

☐ Visa ☐ Master Card ☐ American Express

CC# _____

Exp. Date _____ 3 or 4 Digit Code _____

Name on Card _____

Please complete this reservation form, sign the release statement below, enclose your deposit, and mail or fax to:

Carleton College Alumni Adventures
P.O. Box 938, Walpole, NH 03608-0938
Fax: 603-756-2922

By signing this form, you are acknowledging that you have read and agree to the Terms & Conditions on the reverse.

Signature _____ Date _____

Signature _____ Date _____

Terms & Conditions

Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason nor to passengers whose required documentation for entry into any country on the itinerary is delayed or denied. **RESPONSIBILITY:** Carleton College and its agent, Eos Study Tours (hereinafter "Sponsors"), and the tour operator, and/or its agents (hereinafter "Operator") assume no liability for failure to provide the services, transportation, lecturers and accommodations referred to in this brochure to the extent that such services and accommodations cannot be supplied due to delays or other causes beyond the control of Operator, which include but are not limited to sickness, epidemics, pandemics, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, and acts of God. In the absence of negligence on the part of Operator, the participant agrees that Operator has no responsibility or liability of any nature whatsoever for damage to or loss of property, or injury to, or death of persons due to any act, omission or negligence of any carrier, hotel, restaurant, bus carrier, tender service, sightseeing company, or any other persons rendering any of the services or ground portions of the itinerary. The participant further waives any claim against Operator and Sponsors for any such damage, loss, injury or death. Operator and Sponsors shall not be responsible for any additional expenses, delays, substitution of equipment, and/or any act or omission whatsoever by the suppliers of such services, their agents, servants and employees, and the participant hereby waives any claim arising there from. Operator and Sponsors reserve the right to decline, accept or retain any participant at any time. Sponsors and Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part, except when trip cancellation, itinerary changes and/or delays are mandated by any of the aforesaid causes beyond our control, the passenger shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as Operator and Sponsors are able to recover on the passenger's behalf from carriers, third-party tour vendors, etc., but, Operator and Sponsors shall not have any obligation or liability to the passenger beyond the foregoing. All refunds of passenger payments are the responsibility of Eos and/or the Operator, and the participant agrees that Carleton College bears no financial responsibility for refunding of participant's payments. The passenger contract in use by the carriers concerned (when issued) shall constitute the sole contract between the transportation companies (such as ship operators and airlines) and the purchaser of this tour and/or passage. Participants are encouraged to purchase airline tickets no sooner than 60 days before the tour begins to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Sponsors and Operator accept no liability for the purchase of non-refundable airline tickets to the tour departure city and return. Baggage and personal effects are at all times the sole responsibility of the participant. By forwarding of deposit, the passenger certifies that he/she agrees with these terms and conditions, and that he/she does not have any mental, physical or other condition or disability that would create a hazard for him/herself or other passengers. **Itinerary:** Sponsors and Operator reserve the right to change the itinerary due to weather conditions, availability of anchorages, political conditions and other factors beyond our control without consulting the participants. Participants have no right to any refund or other considerations in the event of these itinerary changes. Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices. **AS A CONDITION OF ACCEPTANCE, EACH PARTICIPANT MUST AGREE TO AND SIGN THE FOLLOWING RELEASE OF LIABILITY:** **RELEASE:** Notwithstanding anything set forth above or otherwise contained herein, the signatory clearly understands that the Sponsors are in no way responsible and can assume no liability of any nature whatsoever for the tour and any acts, omissions or negligence by the Operator or by companies and persons with whom the Operator may contract. The signatory has carefully read the list of activities, requirements and conditions as listed in the brochure and application for the tour and is/are aware that the tour and its activities involve the risk of personal injury or death and damage or loss of property. In consideration of the benefits to be derived from participation in the tour, the signatory voluntarily accepts all risk of personal injury or death and property damage or other loss arising from participation on the tour and hereby agrees that he/she and his/her dependents, heirs, executors and assigns, do release and hold harmless Sponsors and the employees, officers, directors, trustees or representatives of Sponsors, from any and all claims, including claims of negligence, illness, personal injury, death or property damage or loss, however caused, arising from or related to this tour. The signatory has read carefully this agreement, and will abide by the conditions set by Sponsors and the Operator as described in the brochure and in the Terms and Conditions of this and other sections as stated herein or elsewhere published. The signatory affirms that he/she has not received or relied on any oral or written representation of Sponsors as a basis for executing this Release.