

Ocean Glow Yoga Retreat Registration and Agreement Form

Name: _____ Date of Birth: _____

Address: _____ Postal/Zip Code: _____

Home Phone: _____ Work Phone: _____

E-mail: _____ How Did you Hear about us? _____

Emergency Contact Name and Phone: _____

1. What are your personal goals for attending this retreat?

- | | | |
|---|---|--|
| <input type="checkbox"/> Fitness | <input type="checkbox"/> Health Maintenance | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Self-Development | <input type="checkbox"/> To be in Nature | <input type="checkbox"/> Cultural Experience |
| <input type="checkbox"/> Companionship | <input type="checkbox"/> Other _____ | |

2. List any past and current body/mind practices you engage in (ie. Yoga, Dance, Martial Arts, Meditation).

3. Please list any physical or medical conditions (past or present) that may limit your participation in physical exercise.

4. Do you have any dietary restrictions or strong preferences?

5. Do you have any questions for your facilitators?

AGREEMENT

I certify that the above information is true and complete, to the best of my knowledge. I fully understand that I am solely responsible for my health, safety and well-being while participating in all retreat activities. I agree that I will inform my instructors of any activity which I cannot perform safely, and that I will not perform any activity which I feel is likely to cause me to injure myself. I understand that there are risks associated with any physical exercise and I agree to hold Tamika Schilbe and Carolyn Burke harmless from any and all responsibility for any injury that may arise during any retreat activity.

Signature: _____ Today's Date: _____

Once you have confirmed that there is space in the retreat, the completed registration form & the \$500 US non-refundable deposit can be mailed to: CBA Yoga, 1-481 Parkside Drive, Toronto, Ont M6R 2Z9. If you are paying in Canadian dollars, please contact us for the current exchange rate. The balance of the retreat is due Feb.01.11.

Have you read the detailed FAQ on our website? Once you have booked your flight (see FAQ for instructions), please email cbayoga@rogers.com your flight details including airlines, dates & flight #'s and include info for all parts of your journey.