

**Yoga Within You Retreats**  
**Tamarindo Costa Rica Yoga Retreat**  
**at Cala Luna Boutique Hotel & Villas**  
**November 9-16, 2019**  
**Questionnaire & Waiver**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Home/Cell # \_\_\_\_\_

EMERGENCY CONTACT (Name & Phone) \_\_\_\_\_

\_\_\_\_\_

**Do you have previous yoga experience? How long?**

**What is your preferred type of yoga? How often do you practice per week?**

**Do you have any injuries, health conditions, surgeries or chronic pain that may affect your comfort/participation during yoga classes? If yes, please explain.**

**List any food allergies.**

**Name of your Roommate. If you are traveling alone, we will match you with a harmonious roommate.**

**What are you hoping to get out from your retreat experience? What aspects of yoga do you want to learn more about?**

**Tell us “3 Interesting Things about Yourself”**

**PLEASE READ, INITIAL, SIGN/DATE BELOW AND AGREE TO THE FOLLOWING:**

I am in good health and feel confident to participate safely in the Yoga Within You, LLC at Cala Luna Boutique Hotel & Villas on November 9-16, 2019. I understand that during this time I will be participating in yoga classes/workshops, hiking, surfing, swimming, among other activities, that may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved. (\_\_\_\_\_)

I certify that I have disclosed all physical impairments, injuries and conditions (including being pregnant) to Jenny Guzon-Bae and Tiziana Trovati, and that I am physically well and not suffering from any medical conditions, diseases or other illness that would increase my risk of injury and/or illness as a result of the participating in any physical exercise, including, but not limited to, yoga and any outside activities. (\_\_\_\_\_)

In consideration of being permitted to participate in the Yoga Within You, LLC Tamarindo Costa Rica Yoga Retreat, I assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Yoga Within You, LLC Tamarindo Costa Rica Yoga Retreat, including any and all activities done with the yoga retreat group, or as an individual while on the retreat. (\_\_\_\_\_)

I, my heirs or legal representatives knowingly, voluntarily and expressly waive any claim I may have against Jenny Guzon-Bae, Tiziana Trovati, Yoga Within You LLC and Cala Luna Boutique Hotel & Villas for any injury, accident, illness or damages caused by their negligence or other acts. (\_\_\_\_\_)

I agree that any photos taken during Yoga Within You, LLC Tamarindo Yoga Retreat may be used for social media promotion. (\_\_\_\_\_)

Cancellation policy: I understand that the \$500 deposit fee is **non-refundable**. Further, should cancellation occur less than 30 days prior to the retreat I will forfeit all the fees I have paid. Should the event be cancelled by Jenny Guzon-Bae and Tiziana Trovati for any reason, all fees will be refunded back to me. (\_\_\_\_\_)

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

I have read the payments and policies on the Yoga Within You, LCC website ([www.yogawithinyou.com](http://www.yogawithinyou.com)) and agree to abide by them, knowing my \$500 deposit is non-refundable and the balance of my retreat fee is due no later than September 15, 2019.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE RETURN YOUR COMPLETED REGISTRATION FORM BY HAND OR BY MAIL TO:**

Jenny Guzon-Bae 1384 Arcady Drive Lake Forest, IL 60045