Yoga Within You Retreats

Escape to the White Mountains Yoga Retreat

June 15-19, 2016

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. (Vegetarian options are also available.)**

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

**What different aspects of yoga are you interested in (i.e., pranayama, meditation, yoga history or philosophy, etc.)?**

**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 Escape to the White Mountains Yoga Retreat at The White Mountain Hotel & Resort in North Conway, New Hampshire on June 15 to June 19, 2016. I understand that during this time I will be participating in yoga classes/workshops, hiking, biking, surfing or stand up paddleboarding, 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 Parvati Shallow, 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 Escape to the White Mountains 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 Escape to the White Mountains 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 and Parvati Shallow for any injury, accident, illness or damages caused by their negligence or other acts. (\_\_\_\_\_\_\_\_)

Cancellation policy: I understand that the $500 deposit fee is non-refundable. Further, should cancellation occur less than 60 days prior to the retreat I will forfeit all the fees I have paid. Should the event be cancelled by Jenny Guzon-Bae and Parvati Shallow 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 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 April 1, 2016.

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