

**Yoga & Art: An Exploration of The Self One-Day Yoga Retreat @ ASU Art Museum with**

**Jenny Guzon-Bae & Greg Casale**

**November 12, 2024**

**Questionnaire & Waiver**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

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

Birthday \_\_\_\_\_

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.**

**Please select your preferred Postino's Lunch Box (NO SUBSTITUTIONS):**

\_\_\_\_\_ West Coaster Panini: Smoked Ham, smashed avocado, arugula, roasted garlic aioli, pickled red onion, Calabrian chili, feta cheese with Romaine Salad \_\_\_\_\_ or Fruit \_\_\_\_\_ & side of chips

\_\_\_\_\_ Chicken & Mozzarella Panini: Roasted Chicken, fresh mozzarella, arugula, red onion, spicy sun-dried tomato aioli with Romaine Salad \_\_\_\_\_ or Fruit \_\_\_\_\_ & side of chips

\_\_\_\_\_ Vegetarian: Creamy Feta, almond hummus, avocado, spicy marcona almond, cucumber, olive, mixed greens, tomato, basil with Romaine Salad \_\_\_\_\_ or Fruit \_\_\_\_\_ & side of chips

\_\_\_\_\_ Tuscan Tuna: albacore tuna, olive oil, balsamic vinegar, white cheddar, pickle, dijonaise with Romaine Salad \_\_\_\_\_ or Fruit \_\_\_\_\_ & side of chips

## Waiver

**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 and Greg Casale Yoga's Yoga & Art: An Exploration of The Self Yoga Retreat at ASU Art Museum ("Retreat"). I understand that during this time I will be participating in yoga classes 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 Greg Casale 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 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 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, Yoga Within You LLC, and Greg Casale, for any injury, accident, illness or damages caused by their negligence or other acts. (\_\_\_\_\_)

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

**Cancellation policy:** I understand that if I should cancel before November 1, 2023, I will receive 50% of my retreat fee. If I cancel on or after November 1, 2023, I will forfeit all the fees I have paid. Should the event be cancelled by Jenny Guzon-Bae and Greg Casale for any reason, my retreat fee 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.

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE RETURN YOUR COMPLETED REGISTRATION FORM & EMAIL TO: [yogawithinyouretreats@gmail.com](mailto:yogawithinyouretreats@gmail.com)**