



Silent Retreat Registration Form

Name:

Date of birth:.....Gender:.....

Current Address.....

Emergency contact:

How do you plan to arrive to the retreat venue?

by personal vehicle or a taxi by train or bus (pick up required)

How did you find out about the retreat? (friend/ newsletter/ facebook/ website...or?).....

What is your main inspiration/ motivation to do the retreat coming from? (health/ personal growth/ need to unplug and rest.. or?).....

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Do you have any previous experience with meditation, yoga or spiritual retreats? If yes, please explain:

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Do you have any physical health conditions or health issues that we should be aware of? (including pregnancy, chronic pain, allergies, surgical history)

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Do you have any mental health conditions that we should be aware of?

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Are you currently taking any medication? If yes, please describe

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Are you aware of having any form of addiction (including nicotine, caffeine, alcohol)?

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Do you have any food intolerances or allergies? If yes, please provide details:

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Please tell me (in brief) about your life in five sentences or share the five most important things that have shaped you to be who you are now:

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☑ I have read and agree to follow the retreat guidelines which I've received in an email. I understand that my effort in following them is for the highest benefit of all participants.

☑ I understand that the retreat is not an educational training and does not entitle me to teach the techniques and practices presented in its program

☑ By enrolling in a Heart Awakening Silent Meditation Retreat, I confirm that I understand that yogic practice may involve intense or new to the body physical activity - prolonged sitting meditations and hatha yoga. I am also aware that a meditation retreat may involve purification on different levels: physical, emotional, and mental, and this may sometimes be unpleasant but is not dangerous. I voluntarily enroll with full knowledge that there are risks associated with all activities and agree to accept any risk that arises as a result of my participation.

I hereby personally assume all risks in connection with the retreat, for any harm, injury, or damage that may befall me while I am enrolled as a participant, including all risks connected therewith, whether foreseen or unforeseen. I further exempt and hold harmless Heart Awakening and Strathea retreat for any claim or lawsuits by me, my family, estate, heirs or assigns, arising out of my enrolment and participation in this retreat.

Thank you for your time. Have a beautiful retreat!