

Autumn Nourish and Restore Yoga Retreat Sep. 23-25, 2019



Registration Package

Enclosed is your registration form and a simple questionnaire to help me get to know you a little bit better before we go into retreat. Please complete all pages, and email back to me at kristenbeaulieu yoga@gmail.com.

Registration Form



Please complete this form and return it to me with your payment prior to Aug 20, 2019. As is the nature of these events, there is an attendance threshold that must be crossed to ensure the location. Registration has filled-up in the past so please be sure to submit your registration right away to secure your spot.

Personal Contact Information

First Name: _____ Last Name: _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Home phone: _____ Cell Phone: _____

E-mail: _____

How would you prefer I contact you? (Please circle one):

Home phone Cell phone E-mail

Emergency Contact Information (please insure this is someone who is NOT attending the retreat with you):

Full name: _____ Relationship: _____

Daytime number: _____ Evening number: _____

Room Options (please select one):

- Single Bed
- Double Bed (priority will be given to couples). Please indicate who you would be sharing this space with: _____
- Accessible Room (priority will be given to those in wheelchairs or using walkers. These rooms are on the main floor)

Please indicate if you would prefer a room on the first floor (no stairs) or if the second floor is accessible for you:

- Main floor only
- Either floor will work for me
- Second floor only

Payment:

- Option 1: Pay by Cash or Cheque**

I would like to pay the registration fee of \$420 (includes GST) by **Cheque** (please make payable to **Kristen Beaulieu**) or **Cash** (to be received by Kristen within 5 days of receiving registration package. Please do not put cash in the mail).

Cheques can be mailed to:

Kristen Beaulieu
C/O Banff Centre
107 Tunnel Mountain Drive
Banff, AB. T1L 1H5

- Option 2: Pay by e-transfer**

I would like to pay the registration fee of \$420 (including GST) by **e-transfer**. Please transfer funds to kristenbeaulieu@telus.net.

- Option 3: Pay by Credit Card**

I would like to pay the registration fee of \$420 (including GST) by **Credit Card**. To do so please visit my website at: <https://kristenbeaulieu.com/retreatsworkshops/> to pay through **Paypal**.

Refunds: a 50% refund is available up to Aug. 20, 2019. After Aug 20, 2019 no refunds will be available.

Health Information:

Do you have any food allergies and/or dietary restrictions? Please explain (we do regret that we may not be able to ensure the safety for any serious food allergies such as nuts. Please contact Kristen directly to discuss options for meeting these needs):

Please outline any health considerations that may be important for us to be aware of over the course of the retreat, including physical injury, allergies, acute or chronic illness or disease, mental health challenges or any other health concerns.:

Please describe your current mobility level and typical yoga props you like to use during practice:

Signature: _____ Date: _____

Information collected is used for the purpose of the 2019 Autumn Nourish and Restore Yoga Retreat and will not be shared with any other party or used for any other purpose. If you have any questions regarding how your personal information will be used please contact Kristen Beaulieu at kristenbeaulieuyoga@gmail.com

Liability Waiver & Release Statement:

I hereby agree that I am participating in the *2019 Autumn Nourish and Restore Yoga Retreat* offered by Kristen Beaulieu, during which I will receive information, and instruction about yoga, meditation, pranayama, and general well-being. I recognize that yoga requires physical exertion that may be strenuous, and may cause physical injury, and I am fully aware of the risks, and hazards involved. I understand that it is my responsibility to consult with a doctor prior to and regarding my participation in this Yoga Retreat Program if necessary. I guarantee that I am physically fit and have no medical conditions that would prevent my full participation in this 2019 Retreat. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I may incur as a result of participating in the *2019 Autumn Nourish and Restore Yoga Retreat*.

In commitment of my participation in this *2019 Autumn Nourish and Restore Yoga Retreat*, I knowingly, voluntarily and expressly waive any claim I may have against Kristen Beaulieu, or the Sanctum Retreat Centre, for injury or damages that I may sustain as a result of participating in the *2019 Autumn Nourish and Restore Yoga Retreat*.

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

Name of Participant: _____

Signature of Participant: _____

Date: _____

Tell Me a Little About Yourself



To help me make this retreat as valuable and nourishing for you as I can, please tell me a little bit about yourself. This information is simply to begin your journey into the deep restorative nature of the retreat. If you do not feel comfortable completing any part of this section simply leave it blank.

Do you currently attend yoga and/or meditation classes? YES / NO

If so, please provide details (e.g. Where, How Regularly, What Style):

What is your main reason for attending this retreat?

Is there anything else you feel I should know about you as we head into retreat together?