

Yoga in The Pines Studio & Retreat Center

REGISTRATION FORM/MEDICAL RELEASE FORM

Retreat Date: 1st choice: _____ 2nd choice: _____

Name: _____

Address: _____

Home Number: _____

Cell Number: _____

E-mail Address: _____

Emergency Contact and Phone #: _____

How long/often practicing yoga: _____

Favorite Pose: _____

Current Studio/Instructor: _____

Phone Number: _____

Birthday _____

Dietary Restrictions: _____

Any medical conditions we should be aware of: _____

How did you hear about us? _____

___ Check here if you would like to receive information on upcoming retreats and workshops.

___ Check here if you are interested in car-pooling with other retreat attendees. You will receive an e-mail if you are interested in this option.

By signing here, I hereby stipulate that I am physically sound to proceed with instruction in yoga. It is further agreed all exercises and lessons shall be undertaken at my sole risk and that *Yoga in the Pines* shall not be liable for injuries or damages to my person or property arising out of or connected with the use of services or facilities of *Yoga in the Pines* Retreat Center and the premises on which the same are located. I do hereby forever release and discharge *Yoga in the Pines* from all such causes of action.

Signature

Date

Please keep this page for your records.

Please mail the first two pages of this form along with deposit check for \$50 or your early bird fee of \$259 (must be postmarked by deadline) to reserve your space. If you wish to pay with a credit card, please go to <http://www.yogainthepines.net/shop.shtml> and you will be directed to my paypal site.

Then you can e-mail your form to yogainthepines@aol.com

Balance will be due upon arrival at Yoga in the Pines retreat center.

Address:

Yoga in the Pines
PO Box 144
Coppell, Texas 75019

Cancellation Policy: If you cancel or reschedule at least 14 days before your scheduled arrival your deposit, minus a \$25 fee, remains as a credit for one year. If you cancel or reschedule with shorter notice the deposit is forfeited.

For your records:

Retreat date: 1st choice _____; 2nd choice _____

Mailed \$50 deposit on : _____

Check #: _____

To Bring:

Comfortable close fitting clothes for yoga.

Yoga mat and props (if needed), we will supply if you do not have.

Closed toe walking shoes and outdoor clothing for exploring the property.

Slip on shoes

Toiletries and personal items.

Water bottle

Optional:

Book, journal, other items for free time.