

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: _____

Dietary Restrictions: _____

Any medical conditions we should be aware of: _____

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. How do you prefer they contact you to make arrangements?

email cell home phone I'd rather contact them

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 mail the first two pages of this form along with deposit check for \$50 to reserve your space. Balance will be due upon arrival at Yoga in the Pines retreat center. Address:

Theresa Polley
PO Box 324
Mineola, TX 75773

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 (blanket, strap, block) we will supply if you do not have.

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

Toiletries and personal items.

Optional:

Book, journal, other items for free time.