Please answer the questions by writing below each question. If possible, use a different colour font.

1) Name:

2) Cell phone:

3) Home phone:

4) Address:

5) Email address:

6) Birthdate:

7) Occupation:

8) Language(s)

Meals

*All meals will be vegetarian. If you have special needs, they will take them into consideration. Therefore, please answer the following questions carefully.*

9) Do you have any food allergies or intolerance? Do you follow a vegan diet?

Health

 10) Anything important I should know about your learning needs (hearing, vision, attention, etc)

11) Please describe in detail any physical limitation or injury that you may be experiencing at this time. Specify if it is chronic or acute. Please make sure to list any postures and movements that have been suspended by your health-care practitioner.

12) Please describe any illness or disease you may have. Please list all recommendations made by your health-care practitioner, especially concerning the yoga practices.

Your yoga practice

13) Please describe your yoga practice. How long you have been practicing, style(s) of yoga, regularity of practice, challenges, abilities, etc.

14) Do you have a meditation practice? How long you have been practicing, tradition/style of meditation, name of meditation teacher, regularity of practice, challenges, etc.?

15) How familiar are you with *prāṇayāma* (breathing techniques)? Please list all the *prāṇayāma* techniques you have learned. Do you practice them regularly?

16) Are you familiar with chanting and reciting in Sanskrit?

17) Have you been on yoga or meditation retreat before? Please give a concise description of your experience.

18) Anything else that I need to know?

19) I would like to reserve a bed in (place mark your choice)

the dorm ($400)

double occupancy with shared bathroom ($430)

double occupancy with private bathroom ($460)

private room with shared bathroom ($520)

private room with private bathroom ($550)

To confirm your reservation, please send this form, completed along with a non-refundable deposit of $50 to Eliot Acuña.

You can send this

**By mail**

A check made to the order of Centre Yoga Aylmer

142 Frank Robinson avenue

Gatineau Quebec J9H 4A6

**By email**

Make your payment by interac transfer from your online banking site

**In person**

Cash or check to the order of Centre Yoga Aylmer

The complete amount for your registration fees must be paid before the retreat begins on August 23, 2018.

If you cancel before August 10, 2018, you will be reimbursed the amount minus the non-refundable deposit of $50.

If you cancel after August 10, 2018, you are responsible to pay the full amount for your registration fees to Centre Yoga Aylmer. However, you can transfer your reservation to another person who has not yet registered for this retreat.

(Please inscribe your initials to show you read and understood the above paragraphe.\_\_\_\_\_\_\_\_\_\_\_\_)

**Participant Release Form**

**I** understand that the benefits of yoga are many, and that part of the beauty of yoga is to listen well to my inner voice, and to make intelligent choices for my own body.

**H**owever, I also understand there are risks inherent in any physical activity, and while the instructor will make every effort to create a healthy environment, it is possible that discomfort or injury could result from participating in the practices of yoga.
**B**y signing this form below, I hereby accept full responsibility for any results from participating in this yoga retreat and agree that the instructor, Eliot Acuña, the wellness center Centre Tara, or the participants are not liable in any way.

**M**ay we all gain strength, flexibility, knowledge and greater peace from this time together.

Please type your name to sign and write today’s date.