



REGISTRATION FORM - Deep Winter Retreat

February 1-3, 2019

Starts Friday Feb. 1, 6PM - Ends Sunday Feb. 3, 6PM

WITH BERMALVA :: 819.647.2063 :: LADYSMITHYOGA@GMAIL.COM

Name: (First) _____ (Last) _____

Address:

Street Address: _____ City: _____

Province / Region: Postal Code: _____

Date of birth: _____

Email: _____

Home Phone: _____ Cell phone: _____

Emergency contact (name and phone #): _____

Allergies/sensitivities/reactions:

Are you living with illness? If yes, generally, what is your medical condition(s)?

Please describe any physical symptoms or physical limitations:

Please relate any psychological difficulties, particularly those for which you have received professional help or been hospitalized:

What are your retreat goals? As in what do you hope to gain from this experience?

Do you have concerns about your retreat? If so, what are they?

Do you have any special food restrictions or important retreat requests? Please list any foods you cannot consume because of medications/conditions.

What is your experience with meditation practice?

Is there anything else you feel needs to be expressed or wish to share?

I wish to register for the retreat and I understand the total cost is:

\$275 - includes food, classes and teachings, sleeping accommodations at own home. (bring your own blanket, sitting pillows, shawls etc.) Limited number of spaces - 13 total

\$350 - includes food, classes and teachings, AND semi-private sleeping accommodations, includes sheets, bedding and pillows. (bring your own extra blankets, sitting pillows, shawls etc.) Limited number of spaces - 4 total

I am registering for the retreat and am providing a deposit of \$100 to hold my spot , due at least one week prior to retreat start - Jan.25

Paid by:

Email money transfer (ladysmithyoga@gmail.com)

Cheque (mailed to Bermalva Porter, 166 Ch.Himmelman, Ladysmith, QC J0X 2A0)

In person (separate arrangements made)

Please note that cancellations with a refund must be made at least 2 weeks prior to retreat, less a \$50 handling fee, and must be made in writing. Cancellations made within 1 week prior to retreat will not be refunded, and the remaining amount of retreat payment will not be required.

The remaining payment will be paid upon arrival to retreat in cash (preferred) or cheque please. No accommodation = \$175, with accommodation = \$250