



# Living with Awareness - Ayurveda & Yoga Lifestyle Retreats

With Cari Havican & Mary Woolley

## Registration Form – Billabong Retreat

To ensure that the workshop & retreat sessions are safe and appropriate to your needs, please complete the following questionnaire. All information will remain confidential and is designed to help your instructors understand how they may help you throughout the sessions. Please feel free to speak to the instructors about any conditions you may have. (please circle or tick where appropriate)

Mr/Mrs/Miss/Ms: First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address: \_\_\_\_\_ Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Emergency Contact & Ph: \_\_\_\_\_

1. a. **Please advise any existing health conditions** e.g.

- Blood Pressure – High or Low
- Back Conditions (e.g. Lower, Middle, Upper or other conditions such as scoliosis or whiplash)
- Muscle, joint or tendon problems (e.g. Shoulders, Knees, Hips – Other)
- Respiratory Ailments (e.g. Asthma, Emphysema, Bronchitis, Other)
- Recent Surgery or Injury
- Allergies
- Diabetes
- Females Only – If pregnant please advise: - How many weeks \_\_\_\_\_ Due Date \_\_\_\_\_
- Other conditions, please specify. \_\_\_\_\_

- **If you ticked any of the above health conditions, please advise further details of these conditions**  
(write on a separate sheet if necessary)

1. b. **Are you currently taking medication or receiving treatment for any of the above?** YES / NO  
(if yes, please specify the form of medication/treatment & if you have approval from your health care practitioner to undertake a yoga practice)

2. **Have you any yoga experience?** YES / NO  
If yes, please give a brief outline of your experience

3. **Do you have any special dietary requirements?** YES / NO. If yes please indicate requirements:  
Dairy Free / Wheat Free / Gluten Free / Other – please specify \_\_\_\_\_

4. **How did you hear about the workshop / retreat?** (Please tick or circle as appropriate)

<p><b><u>Internet via</u></b></p> <ul style="list-style-type: none"> <li>● Anam Yoga website</li> <li>● Ananda Veda website</li> <li>● Find Yoga</li> <li>● Natural Therapy Pages</li> <li>● Other Internet Site please advise site _____</li> </ul>	<ul style="list-style-type: none"> <li>● Flyers</li> <li>● Promotion</li> </ul>	<ul style="list-style-type: none"> <li>● Friend</li> <li>● Family</li> </ul> <p>(Please specify) _____</p>	<p>Referral from:</p> <hr/>	<p>Other (please specify)</p> <hr/> <hr/>
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I acknowledge that the instructions given throughout the sessions are given only as guidance and are not intended to replace medical care. I therefore accept that it is my responsibility to advise the instructors of any existing conditions including any recent injury, illness, surgery or commencement of pregnancy; in order for them to assist me to adapt the practices for my needs. I acknowledge that it is my responsibility to do the practices within my own limits to prevent injury and expressly waive any claim I may have against Cari Havican & Mary Woolley and any other staff or volunteers representing Anam Yoga or Ananda Veda for any injury or loss sustained by me resulting from the practice of Ayurveda or Yoga under their instruction.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Accommodation Preference *(price per person)*

- Shared room (max 4) & shared bathroom (\$445)
- Twin share & shared bathroom (\$495)
- Twin share with en-suite (\$545)\*
- Single room with shared bathroom (\$595) \*
- Single room with en-suite (\$645)\*

\* *Single and en-suite options are limited so please nominate 1<sup>st</sup> & 2<sup>nd</sup> preference or call Cari on 0412 297 304 to check availability.*

## Payment Policy

- In order to guarantee your place at the retreat, a \$100 non-refundable and non-transferrable deposit is required, with the balance being made 5 weeks before retreat start date:
- Spaces not paid for in full 5 weeks prior to start date of retreat, **will incur a \$50 late fee in addition to the stated retreat cost** and may become available to the waiting list.
- Bookings made within 5 weeks of the retreat start date **will incur a \$50 late payment in addition to the stated retreat cost.**

## Cancellation Policy

- If you cancel your retreat booking prior to retreat start date you will receive the following refund or credit to another retreat, *provided your space can be filled with someone from the waiting list*. No refunds or credits will be issued for your \$100 deposit.
- If you cancel up to 3-weeks prior to retreat start date – 75% refund or credit to another retreat, less \$100 non-refundable deposit.
- If you cancel up to 2-weeks prior to retreat start date – 50% refund or credit to another retreat, less \$100 non-refundable deposit.
- If you cancel within 7 days of retreat start date – there will be no refunds or credits.
- Deferral to a future retreat may be made one time only and must go towards a future retreat held within one year of the date of your cancellation.
- There will be no refunds for late arrival or early departure.
- If a retreat is cancelled by Cari & Mary, all deposits and full payments made towards cancelled retreat will be refunded in full, or funds can be transferred to a future retreat, within one calendar year of the cancellation being announced. Cari & Mary will not be held responsible for any travel expenses which may be incurred in preparation for any retreat held including airline tickets, travel delays, flight cancellations or illness.

## Payment Method

Payment can be made by Cash, Cheque or Direct Deposit as follows:

*Cash* - directly to Cari or Mary

*Cheque* - payable to **C Havican/M Woolley**  
post to: PO Box 1176, Warners Bay, NSW 2282

*Direct Deposit via Internet*

**Bank:** Westpac

**BSB:** 732521

**Account Name:** C Havican/M Woolley

**Account Number:** 579410

**Reference:** Your name **or** if you make a deposit via a Westpac Branch, please ask the cashier to use your home phone number as the reference.

If you choose to deposit directly into our account, please email us with the details of your deposit (how, when, reference used and amount deposited)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## **DISCLAIMER for Workshops & Retreats with Cari Havican & Mary Woolley**

It is acknowledged and agreed as a condition of participating in the services and activities including accommodation and related services, that the operators, occupiers, instructors and their employees, agents, contractors and volunteers shall not be under any liability for death or any personal injury, loss or property damage which may be sustained or incurred to any person at any of the workshop/retreat venues or any adjoining or related lands.

I (the undersigned) take full responsibility for my actions while traveling to and from the workshop and/or retreat venue and during my time at said venue(s). I acknowledge that I am fully responsible for myself during my stay or when participating in any activity.

### **Please be careful and observe the following instructions for Billabong Retreat Centre:**

**LINEN** - You will need to bring your own top & bottom sheet (or sleeping bag), pillow case and towel. Billabong has linen sets available for hire for \$20, please advise us if you wish to hire your linen and add \$20 to your retreat payment.

**WASTE** - As a self-contained eco-retreat Billabong can only accept compostable worm farm waste – all landfill and recycling personal waste must be taken away with you.

**WASH PRODUCTS** – The Centre uses a Bio-Pod wastewater system that relies on worms and bio-filters. Only things you have eaten can go down the toilet and all shampoo and wash products must be clearly labelled biodegradable. Billabong has biodegradable soap, shampoo and conditioner available for \$4 each.

**TRAVEL** - Please car share or use public transport to minimise your carbon footprint.

**FIRE** - The property is in the bush and thus bushfire prone. There is no smoking on the property, no fires and no candles (except in the yoga room).

**WATER** – Billabong has treated rainwater available for drinking but please bring your own water bottle. Water is precious and limited – please conserve it, turn taps off and keep showers to two-minutes (which will use approximately 20 litres).

**MOSQUITOES** - As with all bush locations there are mosquitoes around. All buildings have flyscreens and Sandalwood sticks are available on the deck but please bring repellent if you are sensitive.

**CLOTHING** - You will need to wear shoes when walking around the property. This is a bush setting so closed in shoes are recommended.

**CATERING** – Your retreat is fully catered so you do not need to bring any food.

**MOBILE PHONES** – Billabong has variable reception (Telstra being best) but discourages the use of mobiles. There is a landline for emergencies only.

I (the undersigned) have read and agree to the disclaimer, and I shall remain mindful and respect the observations and warnings outlined for the venue.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please tick box if you **do not** wish to be included on email and address lists.

*Please return signed form:*

Via Fax to: 02 49564006

Via Mail to: PO Box 1176 Warners Bay 2282

Via E-mail to: [cari@anamyoga.com.au](mailto:cari@anamyoga.com.au)