



# Living with Awareness - Ayurveda & Yoga Lifestyle Retreats

With Cari Havican & Mary Woolley

## Registration Form

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  
 Please state these e.g. Dairy Free / Wheat or Gluten Free / Other – please specify \_\_\_\_\_

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

<b>Internet via</b> <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> (Please specify) _____	Referral from: _____ _____	Other (please specify) _____ _____
---	---	--	----------------------------------	--

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: \_\_\_\_\_

# Living with Awareness - Ayurveda & Yoga Lifestyle Retreats

---

## Reservation 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 automatically become available to the waiting list.

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

**BSB:** 732521      **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: \_\_\_\_\_

# Living with Awareness - Ayurveda & Yoga Lifestyle Retreats

---

## **DISCLAIMER for Living with Awareness 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 fully 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 Stroud Monastery venue:**

- **The venues:** - are located in bush land. Due to the risk of bush fire in any wooded environment, every care is taken to limit flammable vegetation, but please do not light open fires on the property grounds.
- **Smoking:** - Both venues are smoke-free areas, and you are asked to confine smoking to the outside areas and dispose of your cigarette ends with care for the environment and awareness of flammable vegetation.
- **Parking:** - On-site parking is provided at both venues. In consideration for other attendees and the residents of both properties, please ensure you do not leave your car parked on the driveways or block any exit/entrances.
- **Mobile Phone:** - coverage may be limited in the area. Currently only CDMA mobile phones and Orange/3 service work in the Stroud area.
- **Walking / Slippery Paths / Good Shoes:** - When walking around the grounds, please be aware of trip hazards (e.g. Vines, stumps, rocks, holes); & uneven or steep grounds. Some exposed paths and verandahs can become slippery with moss in wet weather. In densely wooded areas there are often snakes, please wear proper shoes, especially at night when snakes may be active in the area.
- **Animals** – Please be mindful when driving onto & off the respective properties as you may encounter a number of native Australian animals e.g. Kangaroos, wallabies, wombats; along with various bird life. No domestic animals are allowed (i.e. No cats or dogs)
- **Linen:** - No linen is supplied at the Stroud Monastery. Please bring your own bedding (pillows, sheets and/or sleeping bags, towels). Doonas & pillows are supplied or you may bring your own.
- **Lighting:** - There is limited exterior lighting at the Stroud Monastery – please bring a torch with you.

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

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)