



Living with Awareness - Ayurveda & Yoga Lifestyle Retreats

With Cari Havican & Mary Woolley

Registration Form – Stroud Monastery

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)

Internet via <ul style="list-style-type: none"> ● Anam Yoga website ● Ananda Veda website ● Find Yoga ● Natural Therapy Pages ● Other Internet Site please advise site _____ 	<ul style="list-style-type: none"> ● Flyers ● Promotion 	<ul style="list-style-type: none"> ● Friend ● Family (Please specify) _____	Referral from: _____ _____	Other (please specify) _____ _____
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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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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 4-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 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 full responsibility for my actions while traveling to and from the 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 venue:** - is 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:** - this is a smoke-free venue, 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. You can bring your car down to the bottom parking area in front of the Monastery to unpack and then return it to the upper car park during the retreat.
- ➔ **Mobile Phone:** - coverage may be limited in the area. There is a landline that is available for Emergency calls and can be given as a contact number - (02) 4994-5511.
- ➔ **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 enclosed shoes, especially at night when snakes may be active in the area.
- ➔ **Animals** - Please be mindful when driving onto & off the property 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)
- ➔ **Mosquitoes** - As with all bush locations there are mosquitoes around. Please bring repellent if you are sensitive.
- ➔ **Linen:** - No linen is supplied at the Stroud Monastery. Please bring your own i.e. pillow slips, sheets & towels). Doonas, blankets & pillows are supplied or you may bring your own.
- ➔ **Lighting:** - There is limited exterior lighting and depending on the season we may be moving between buildings in the dark so 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