

MARCOOLA BALANCE

YOGA

First Name

Last Name

DOB/...../.....

Mobile Number.....

Email Address

Home Address.....

How did you hear about us?

Emergency Contact

Emergency Contact Number Relationship to you.....

Please circle and give details of any conditions that apply to you:

High Blood Pressure

Asthma

Low Blood Pressure/Fainting

Detached retina/ other eye problems

Arthritis

Osteoporosis

Diabetes

Joint Replacement

Epilepsy

Recent fractures / sprains

Heart Problems

Back problems

Neck Problems

Knee problems

Are you pregnant?

Please list any other injuries or physical complaints.....

HEALTH INFORMATION REGARDING PARTICIPANT

Do you have any physical, mental, or other conditions that may interfere with your ability to participate safely in the retreat or in any of the meditation practices and ice baths immersion we will do there, e.g., pregnancy, diabetes, anaemia, knee problems, back pain, asthma, hearing or seeing impairment, heart condition, inactivity, medication, PTSD, claustrophobia, medications, food allergies or sensitivities, etc?

YES / NO

If at any time during the classes and activities, you feel discomfort or strain, gently come out of the posture or activity. You may rest any time during the class. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be eliminated. If I experience any pain or discomfort, I will discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damage which may occur through participation. I will make the instructor aware of any medical conditions or physical limitations before class. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Marcoola Balance Yoga and all related facilities and premises for any personal injury or negligence. Additionally, the facility, instructor and Marcoola Balance Yoga are not in any way responsible for any loss or damage of your personal property. I have read this agreement and fully understand its content and meaning.

PHOTOGRAPHY

Marcoola Balance Yoga reserves the right to use photographs or videos from the retreat for promotional purposes. By making a reservation, you agree to allow your image to be used in such photography. If you prefer that your image, not be used, please notify Marcoola Balance Yoga before the retreat commences.

PAYMENT

Payment is due in full 1 month prior to the retreat start.

CANCELLATION & REFUNDS

- All Deposits are non-refundable

If you decide to cancel your booking, the following rules apply:

- For cancellations more than 4 weeks prior to retreat commencement, all fees will be refunded less the \$200 non-refundable deposit.
- For cancellations within 4 weeks of commencement, no refund will be given.

PARTICIPANT SIGNATURE.....DATE.....