

# The Yoga Shack

## CATSKILLS ANIMAL SANCTUARY

### Retreat October 11-12, 2019

**Your leaders: Cindy Valentine, Michelle DeNicola**

#### REGISTRATION FORM

Todays Date		
First Name	Last Name	Birthdate
Address	City, State Zip	Email
Home Phone	Cell	
Occupation	List anyone you are traveling with:	

Emergency Contact

Phone

Relationship

Tell us about yourself:

Do you have previous yoga experience? If so please explain...List any allergies, medical conditions, injuries, special dietary requirements or anything else we need to be aware of?

Are there any health related conditions or surgeries that might affect your experience on this retreat?

Are you pregnant? \_\_\_\_\_ If yes, when is your due date? \_\_\_\_\_

Are you currently on any medications ? \_\_\_\_\_ If yes, please list

Retreat Goals: What would you most like to get out of the retreat?

Please list anyone you are sharing a room with

Private (\$450) \_\_\_\_\_

Shared (\$350) \_\_\_\_\_

COT (\$300) \_\_\_\_\_

AIR MATTRESS (\$300) \_\_\_\_\_

**Release from Liability for Negligence**  
**The Yoga Shack CATSKILLS Retreat 10/11-10/12, 2019**

*Space is generally limited, and registrations are done on first come first serve basis, so our cancellation policy must be strictly adhered to. All participants must fill out a registration and waiver form in order to participate. Submission of the registration form along with receipt of payment constitutes acceptance of these terms and cancellation policy.*

*DEPOSITS ARE NON REFUNDABLE...with or without waiver.*

I \_\_\_\_\_, understand and agree to the terms and conditions outlined below and will accept full responsibility for myself in the participation of this retreat. I understand The Yoga Shack , LLC, will book my accommodations at the Catskills Animal Sanctuary.

I, \_\_\_\_\_, understand there are **NO REFUNDS**. The Yoga Shack, LLC reserves the right to reject or return any registration for any reason.

I \_\_\_\_\_ (print name of student) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

I, on my own behalf, release, discharge and hold harmless the Certified Yoga teachers, The Yoga Shack, LLC, Cindy Valentine and Michelle DeNicola, Catskills Animal Sanctuary and officers, directors, employees, agents, landlords, lessees, sponsors and franchisees.(hereafter the "Released Parties") from any and all liability for injury to myself, my property or other persons' property, arising out of or in connection with, or caused in any manner by my participation in the yoga program, retreat, excursions or classes. I acknowledge I hereby have been advised to consult, and have consulted, with my physician with respect to any past or present injury, illness, health problem or any other condition or medication that I now have, previously have had and/or now may have that may affect my participation and ability to participate in and to endure a Yoga practice and instruction.

In the event that I become ill or injured during or as a result of participation in the Yoga practice, I hereby authorize the Released Parties to arrange for such emergency medical attention as they, in their sole judgment, may deem to be required to preserve my life. I hereby release, discharge and hold harmless the Released Parties, as well as any person or entity that provides such emergency medical attention, from any and all liability in connection with any injury to myself or property arising in connection with or as a result of such emergency medical treatment.

I \_\_\_\_\_, give permission to The Yoga Shack, LLC to use any photos/videos from this retreat for purposes of marketing and advertising with respect to yoga and/or other future projects.

I agree that the The Yoga Shack, LLC shall not be held responsible for any injuries, damages, lost retreat or delay. I agree to assume all risks associated with this retreat and agree that no liability will attach to The Yoga Shack, LLC.

1. The Yoga Shack, LLC has the right to ask any participant to leave the retreat group if The Yoga Shack LLC deems they are a severe disruption to the group, they are a danger to others OR to them self. There are NO refunds.
2. We reserve the right to remove a participant from any excursion, without a refund, if we believe they are disrupting the group, a threat to others or to them self.
3. Retreat students are free to explore the sanctuary at their OWN risk, during daylight hours only.
4. Retreat members MUST be on time for all excursions and any scheduled times on the retreat. We will ALWAYS leave on time and not able to wait for anyone. If you miss the departure on any excursion or activity, there are NO refunds.
5. Retreat members will respect others in the group. NO harassment of ANY KIND will be tolerated. We have the right to ask ANYONE to leave retreat immediately, without refund, if this should arise.
6. This is a NON smoking yoga retreat. IF you do smoke, you must remove yourself from the retreat to smoke privately, so not to bother anyone else with second hand smoke. Clothing can NOT smell like smoke, as others will be sharing rooms and living together in a close space. This goes for PERSONAL hygiene as well. PLEASE be mindful of body odor and cleanliness.

Agreed to and accepted by: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of Registrant)

**The Yoga Shack has received a non-refundable payment of \$ \_\_\_\_\_ on date \_\_\_\_\_ Cash / Credit**

I understand this deposit is NON refundable.

Retreat cost will cover ALL lodging, breakfast, 1 dinner, YOGA, meditation and any workshops offered during the retreat.

Signature of Registrant \_\_\_\_\_ DATE \_\_\_\_\_