

Prana

ADVENTURES



FLOW, GRACE & FEMININE POWER
DAY RETREAT SATURDAY 25 APRIL 2020



REGISTRATION FORM

Please complete entire form and forward to jo@pranaadventures.com

Name:

Date of birth:

Address:

City/State/Zip:

Phone:

Describe any injuries/conditions you might have:

Would you like to receive our email newsletters? YES NO

Email Address (kept confidential):

Questionnaire

1. How long have you been practicing yoga and what kind of yoga do you practice?

2. If you are not affiliated with Cristina or Jo, please list the studio and teacher you currently practice at.

3. If you listed injuries above, are any of them a concern by your doctor or yourself in the context of a yoga practice, meditation practice, reiki, or any other physical exercise/activity? Please feel free to write more separately.

4. In our effort to keep you safe, relaxed and enjoying the most out the yoga retreat, are there any other medical conditions that we should know about?

Payment will be made via: BANK TRANSFER - please contact jofellows@me.com for our bank account details. *NB. Your place on the retreat is only secure once we receive your fee of £190 into our account, along with this completed registration form.

FLOW, GRACE & FEMININE POWER YOGA DAY RETREAT

COST: £190: WHAT'S INCLUDED

- 10am Arrival at Paxford, the Cotswolds, for tea and healthy treats
 - 10.30am Flow, Grace & Feminine Yoga Flow and Meditations with Cristina
 - 12.30pm Organic plant-based lunch
 - 1.45pm Cacao Ceremony, intentions setting and Mantra Meditations
 - 3.00pm Tea and healthy treats break
 - 3.30pm Mindful Yin Yoga practice with Jo
 - 5.00pm Gong bath
 - 6.00-6.30pm Sharing of thoughts, tea and farewells
- * Please note this schedule outline may be subject to change, depending upon the weather and other circumstances beyond our control.



HOW TO BOOK:

Complete the registration form and send it to either Cristina: cristina@pranaadventures.com or Jo: jofellows@me.com

We will then confirm your registration, and send to you our bank account details so that you are able pay the full amount, £190, to secure your place. We very much look forward to spending time with you in the Cotswolds.





PRANA ADVENTURES AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, (print your name here) hereby agree to the following:

1. That I am participating in the Yoga Retreat offered by Prana Adventures and Jo Fellows and Cristina Maria Trindade Magalhaes, during which I will receive information and instruction about yoga and health. I recognise that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Retreat. I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation in the Yoga Retreat.
3. I understand that if I am pregnant, I will take necessary steps to ensure my doctor and health care providers know I am participating in this Yoga Retreat. I assert that I am of fit health to participate in the Yoga Retreat and will alert all Yoga Teachers and other practitioners whose sessions I participate in that I am pregnant.
4. In consideration of being permitted to participate in the Yoga Retreat, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the retreat, including any and all activities done with the Yoga Retreat group, or as an individual with Prana Adventures.
5. In further consideration of being permitted to participate in the Yoga Retreat, I knowingly, voluntarily and expressly waive any claim I may have against Prana Adventures, Jo Fellows and Cristina Maria Trindade Magalhaes and its staff for injury or damages that I may sustain as a result of participating in the retreat. I, my heirs and legal representatives forever release, waive, discharge and covenant not to sue Prana Adventures, its staff, Jo Fellows and Cristina Maria Trindade Magalhaes, and Elouise Duckworth and its staff for any injury or death caused by their negligence or other acts.
6. I have taken out my own personal travel insurance policy, which covers me for all losses and injury incurred on this trip.
7. CANCELLATION POLICY - I understand that the registration fee is non-refundable. Should the event be cancelled by Prana Adventures, all fees will be refunded back to participant.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree and confirm being invited to consult legal counsel before signing below.

Signature of Participant / Parent or Guardian (if under 18)

Date

