

Inner Freedom Yoga Retreat Registration Form

for Mattole River Retreat, May 26 - 29, 2017

Please complete one form per person, and **send p. 1-3 with your payment to:**

Inner Freedom Yoga, 890 G St., Arcata, CA 95521.

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H): _____ (C) _____ (W) _____

E-mail address: _____

How did you hear about this retreat? _____

Do you have previous yoga experience? _____ If so, how long? _____

In what style/s? _____

How often do you practice yoga/take classes? _____

Do you have any current injuries, health conditions or chronic pain that may effect your comfort/participation during yoga classes? If yes, Please explain.

Please check any conditions that apply:

- | | | |
|--|--|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Chronic Headaches |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Ulcers | <input type="checkbox"/> Low Blood Pressure |
| <input type="checkbox"/> Herniated/Bulging Disc | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Rheumatoid Arthritis |
| <input type="checkbox"/> Hernia | <input type="checkbox"/> Sciatica | <input type="checkbox"/> Scoliosis (what type) |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Digestive Disorders |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Immune Disorder |
| <input type="checkbox"/> Spondylolisthesis/lysis | <input type="checkbox"/> Allergies (food/meds) | <input type="checkbox"/> Mental Illness |

Any other health conditions or surgeries you have had that may affect your retreat?

Please list any food allergies or special diet considerations? Non-dairy? Gluten-free?
Catered meal is vegetarian organic with non-dairy option.

Organic lunches are available for an additional fee of \$8 per meal.

Would you like to purchase lunches too? Yes ___ No ___ If yes, how many? _____

Accommodations:

Camping or Bunk Beds:

\$375 per person if paid by April 1, 2017, \$425 after

There are numerous bunk beds so nobody has to share. You'll have your pick!

Please bring your own bedding and linens: sheets, blankets/sleeping bag, pillow, towels

Please list 2 emergency contact people:

First contact: Name _____

Phone

Numbers: _____ Relationship: _____

Second contact: Name _____

Phone

Numbers: _____ Relationship: _____

Prices are per person, and include 3 nights at Camp Mattole, all yoga and meditation classes, all entertainment, use of the facilities, and 3 catered dinners.

CANCELLATION POLICY: If you need to cancel, please do so in writing/e-mail. Your payment holds your space on the retreat. There is a \$75 cancellation fee for cancellations made by April 1, 2017 and the rest of your payment will be refunded. After April 1, 2017, the cancellation fee is \$100, if we can fill your space. If we cannot fill your space, there are no refunds after April 25, 2017. After May 10, there are no refunds offered.

All cancellation openings in the retreat will be offered first to people on the waiting list. If there is no waiting list when you cancel, you may transfer your registration to a friend at no additional fees, as long as they agree to the registration policies and submit a completed registration form.

If for reasons of illness, accident or death, or other unforeseen circumstances, Robyn or Patrick is unable to attend this retreat, the other person will teach alone and will hire an assistant if needed.

Please Print, Sign and Date below, agreeing to the following:

I have enclosed the following payment, payable to Inner Freedom Yoga:

(Send checks/money orders to Inner Freedom Yoga, 890 G St., Arcata, CA 95521).

Please include payment for extra lunches if you are requesting those.

\$_____ payment for: (Name - print) _____

I am in good health and feel confident in my ability to participate safely in this Yoga Retreat. I have read and understand the above payments and policies and agree to abide by them. I agree to hold Robyn Smith and Patrick Harestad free and harmless from any and all claims, demands, damages, costs, expenses, loss of services, and causes of action resulting from my participation in the Mattole River Yoga Retreat, 2017. I agree to reimburse Camp Mattole for any damages resulting from my attendance on this retreat.

Name: (please print) _____

Signature: _____ Date: _____

PLEASE SEND ONLY THE ABOVE PAGES.

PLEASE KEEP THE FOLLOWING PAGES FOR YOUR REFERENCE:

ARRIVAL/DEPARTURE: You can arrive as early as 3:30 pm Friday to get settled. One of us will be there to greet you and direct you to rooms, etc.
The retreat ends at 1 p.m. on Monday, May 29.
Departure details coming soon.

Meals: there are three catered vegetarian dinners provided by a local caterer. All other meals you are on your own unless you choose catered lunches. There is plenty of refrigerator and freezer space and room to prepare and cook food in the industrial sized kitchen.

Directions: The retreat takes place at Camp Mattole, 36841 Mattole Road in Petrolia, CA. which is about 2 hours south of Arcata.

FROM THE NORTH HWY 101

14 miles south of Eureka, take the Ferndale Exit and follow the signs to Ferndale.
At the far end of town turn right on Ocean Ave then left on Mattole Road.
(From here it will be roughly an hour on a rural country road).
The camp is about 7 miles past Petrolia
& around the corner from A.W. Way County Park.
Entrance is on the left, just before the single lane bridge.

FROM THE SOUTH HWY 101

About 20 miles north of Garberville, take the Honeydew Exit
and follow the signs to Honeydew.
(From here it will be roughly an hour on a rural country road).
At Honeydew turn right towards Petrolia and drive about another 7 miles.
Cross a single lane bridge and the camp entrance will be on the right.
If you come to A.W. Way Park you've gone too far.

Lodging: We have access to most of the buildings on the property and each has bathroom facilities. Each also has several bunk beds. There are plenty of beds so that nobody needs to share a bunk. **Please bring your own bedding and linens:** sheets, blankets/sleeping bag, pillow, towels as none are provided.

Camping: There is plenty of space to camp if you prefer to do that.

SCHEDULE: Please note that we will strive to always start on time and yet we may adjust the times once we see about the weather and the flow of the group.

Approximate SCHEDULE:

Friday:
5:30 - 7 p.m. Aligning the legs and hips

7 - 8:30 Dinner, clean up
8:30 - 10 p.m. Opening Circle

Saturday:

8 - 9 a.m. Meditation/Pranayama
10 am - 12 p.m. Feet, Ankles, Knees, Thighs
12 p.m. Lunch

5:30 - 7 p.m. Lower Back, Hips, Sacrum
7 - 8:30 p.m. Dinner, clean up
8:30 - 9:30 p.m. evening fun

Sunday:

8 - 9 a.m. Meditation/Pranayama
10 am - 12 p.m. Upper Back, Neck, Shoulders
12 p.m. Lunch

5:30 - 7 p.m. Elbows, Wrists, Hands
7 - 8:30 p.m. Dinner, clean up
8:30 - 10 p.m. Evening fun

Monday:

8 - 9 a.m. Meditation/Pranayama
10 - 11:30 a.m. Chest, Jaw & Neck
11:30 - 12:30 p.m. Lunch
12:30 p.m. Closing Circle, clean up

RIVER TIME: The long breaks in the schedule are meant for river time, resting, enjoying the area, etc.

YOGA SESSIONS: These are therapeutic yoga classes, meant to unwind tension using healthy alignment principles in regular or modified postures. No experience required.

CARPOOLING: Carpooling is highly recommended! If you'd like to offer a ride or get a ride from Arcata or elsewhere, please email us. When the email list has formed, I will share your emails so you can communicate with each other about this.

WHAT TO BRING: Please bring towels for swimming and shower, toiletries, yoga mat, blocks, strap, yoga blanket, cushion for meditation, and any other props you like. We will bring some yoga blocks, straps and blankets as well. If you do not have your own block and strap, please let us know so we will bring enough. Make sure you at least have a block or meditation cushion/yoga blanket for our meditation periods and seated poses. we do not have enough of these. Also bring a raincoat or something waterproof to put your cushion on in case we decide to use the grass for meditation.

Also, bring:

Natural Bug Repellent

Sun Screen and Hat

Clothes for hot days and cool mornings and nights (layering may be very helpful in the yoga sessions)

Flashlight

Musical Instruments to share your talents...poems, songs, stories, etc. for Saturday night

Food for all meals but dinners...(you may like a light fruit snack before we start in the morning)?

Sturdy sandals/shoes for walking

Camera, etc.

Small chair if you like one for the beach and any floaty toys to play with in the river!

Cancellation policy: on the registration form. **Please read and sign the form.**