

SAMATA YOGA

INNER MINDFULNESS YOGA RETREAT 19 - 20 OCT 2019

LOCATION - COASTAL FOREST LODGE off Forest Road, BELLBRAE 3228.

The entrance is off Forest Road, 2km from the Great Ocean Road / B100 (Cnr Forest and Gundrys Road, Anglesea)

RETREAT ACCOMMODATION - Retreat consists of shared accommodation with separate toilet and shower facilities. BYO sleeping bag, pillow and towel.

PLEASE BRING - Comfortable walking shoes, a hat and wet weather gear, toiletries, a mat for outdoor yoga, a copy of Swami's books WHY AM I & ORIGINS & PRACTICE OF MEDITATION, meditation cushions and pen & paper for taking notes.

RETREAT ATTIRE - Dresses, skirts (knee length or longer), long legged comfortable trousers/pants and tops that **cover the shoulders** for male and female. We dress modestly out of respect for the sacred atmosphere of the Yoga Retreat. **As some sessions will be outside please ensure your clothing will keep you warm & dry.**

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TO REGISTER PLEASE COMPLETE THIS FORM AND RETURN TO: SAMATA YOGA PO BOX 1576 ST KILDA SOUTH VIC 3182

Total Payment \$351 - 50% deposit due on Friday Sept 20th 2019 - Balance due on Friday Oct 4th 2019

Direct Debit Payment to: SAMATA YOGA BSB: 633 000 Account No: 163 716 350

Prompt payment is appreciated, please add your name with Direct Debit & remember to send us this signed registration form - thank you.

NAME: _____

ADDRESS: _____ **POSTCODE:** _____

CONTACT NO: _____ **EMERGENCY CONTACT:** _____

***EMAIL:** _____

CURRENT INJURIES:

CURRENT MEDICATION:

PREGNANT: Yes / No Please circle **Number of Weeks:**

RELEASE AND INDEMNITY

I the person mentioned above who agrees to take part in a Samata Yoga program, meeting, course or any other activity of any nature whatsoever ("the activity") conducted by Samata Yoga ("Samata Yoga"). HEREBY AGREE that Samata Yoga and its employees, servants and agents shall not be liable for any personal injury, death or loss of property to myself during the activity, and I HEREBY RELEASE Samata Yoga and its employees, servants and agents from and WAIVE them in respect of any claim in negligence or contract or any other legal claim of any nature whatsoever brought against Samata Yoga and/or its employees, servants and agents arising out of or in connection with the activity conducted by Samata Yoga ("any claim") and I HEREBY INDEMNIFY Samata Yoga and its employees, servants and agents in respect of any claim.

Would you like to receive email updates/information on our courses, programs or events?

Yes / No Please circle

SIGNATURE: _____ **DATE:** _____

SAMATA YOGA - TERMS AND CONDITIONS

Cancellations: No refunds will be given for cancellations made with less than 14 days' notice. No credit will be given. Disclaimer: Samata Yoga its agents and employees do not accept liability for loss of property or damage or personal injury arising from the INNER MINDFULNESS YOGA RETREAT 19 OCT - 20 OCT 2019.