



High Aspirations

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Retreat Registration Form

Retreat location & dates:
Name:
Address:
Phone:
Email:
Emergency contact – name and number
Relationship to you:
Special dietary requirements:
Medical conditions that may need consideration: (if you need more space please attach a separate sheet)
Do you have any specific person/s that you would prefer to share accommodation with?
Yoga experience: (please circle) None Beginner Intermediate Advanced
Meditation experience (please circle) Never Daily Weekly Other
Would you like to be added to my data base to receive regular newsletters about upcoming events, retreats, news and tips? (please circle) YES NO
Photos are often taken on retreats and at special events. These are used for promotional purposes and may appear on newsletters and our website. Do we have your permission to use any photos that you may appear in? YES NO



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Registration Form for Dru Yoga & Meditation Classes whilst on retreat

During your retreat you will be participating in Dru Yoga and Meditation classes. It is important that you acknowledge that yoga and meditation is a very individual and personal journey and is non-competitive.

As you would be aware exercise may entail risk of injury or aggravation of existing medical conditions. You are encouraged to consult with a medical practitioner before starting any new exercise program.

It is vital that you respect your body's limitations and inner wisdom; if something feels wrong or dangerous please do not do it.

By registering for High Aspirations Dru Yoga & Meditation classes you are releasing High Aspirations Pty Ltd, its directors and employees from any and all liability or claims arising out of participation in the classes offered.

These classes are offered with your highest wellbeing in mind so please enjoy the journey as you get in touch with the many aspects that make up who you are and take the time to really connect with the real you.

When your yoga practice is working you inevitably feel much more alive and vigorous. This sometimes surprises people because they simply do not realise how much of their natural energy has been lost until they feel it coming back.

Let us explore this amazing journey together, enjoy the process and please feel free to see me at any time whilst on retreat with any queries or comments.

I acknowledge that I have read the above information and I take full responsibility for my health. I am fit to take part in these classes and will work within my own capabilities.

Signature: _____

Name: (Please print) _____