



Bali Retreat Mindful Connection

April 11-17, 2016

Registration Form

Please return this form to Louise (louise.pontin@gmail.com) as soon as you have completed either deposit or full payment on Trybooking (details below) to help our smooth planning for the retreat.

Name:

Residential Address:

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Postal address (if different from above):.....

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Gender: Male / Female

Date of Birth:.....

Email:

Home phone:.....

Mobile phone:

Name of emergency contact in Australia:

Home phone:.....

Mobile phone:

Work phone:

Relationship to you:



Our commitment to you

A minimum number of eight registrations will ensure the Mindful Connection retreat goes ahead. On 10 January 2016, we will email you with confirmation of the retreat to enable you to proceed with booking your flights.

Before the retreat, we will provide you with essential information to prepare for your visit to Bali and to keep you healthy and safe. Our retreat is conducted with care for your wellbeing; vulnerability and confidences are treated with respect.

Your commitment to us

We ask that you come to the retreat prepared to participate to the best of your ability and to engage genuinely with the presentations. Please be prepared to offer care and respect to other people.

Background

Your daily program at the Mindful Connection retreat includes mindful movement, NVC skills sessions and the provision of most of your meals. Please help us to meet your needs by supplying some background details as below.

Do you have previous experience or training in NVC? (Please detail)

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What do you hope to get out of the retreat?

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Please list any current medical conditions:

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Current medications (prescription and supplements):

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Allergies:.....

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Medications used for allergies (e.g. epipen, antihistamine):

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Dietary requirements:.....

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As a result of exercise, have you ever experienced any of the following? Tick if yes.

- Pain or discomfort in the chest, back, arm or jaw
- Severe shortness of breath or problems with breathing during mild exertion
- Dizziness, nausea or fainting

Has a doctor or health professional ever told you that you shouldn't exercise for any reason? If yes, please provide details.

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Declaration:

I confirm that I take responsibility for arranging my flights and suitable travel insurance for the duration of my attendance at the Mindful Connection Bali Retreat. I hereby agree to take responsibility for my own health and personal needs during the retreat. I understand the retreat organisers are not liable for any costs pertaining to illness or injury before, during or after the retreat.

Signature

Date.....



Payment

Pay either your deposit of \$AUD300 or full payment of \$AUD1625 through www.trybooking.com/JGCL before 10 January 2016. This will secure the earlybird price of \$AUD1625. For registrations after 10 January the full price is \$AUD1725, which may be paid through trybooking.

If you pay the \$AUD300 deposit, please pay the balance of the registration fee into the following account. Include your name in the appropriate field and notify us by email to Louise.

BSB: 016-510

Account No: 493034929

Account name: M Pontin

Swift Code if needed: ANZBAU3M

If you would like a price for a twin or double registration or have any further questions please contact Louise on louise.pontin@gmail.com

Travel

If you would like to contact our travel agent to organise your Bali flights please contact Dave at Mainbreak Travel on (08) 9757 9177 or dave@mainbreaktravel.com.au.