

The Koshas: Exploring The Layers of The Self

October 11-18, 2014 at Haramara Retreat Center, Sayulita, Mexico

Registration Form

Personal Information:

First Name : _____ Last: _____
Sex: _____ Birth date: _____ / _____ / _____
Street Address: _____ Apt# _____
City: _____ State: _____
Zip Code: _____ Country: _____
Work Phone: (____) _____ - _____ Mobile: (____) _____ - _____
Email: _____ Occupation: _____

Health Information:

Do you have any medical conditions that might affect your full participation in this retreat? Yes No

If yes, please explain briefly:

Do you have any injuries or other physical impairments? Yes No

If yes, please explain briefly:

Do you have any allergies? Yes No

If yes, please explain:

Do you have any specific dietary restrictions? Yes No

If yes, please explain:

Accommodations & Payment :

Room options: (circle one)

\$1490 Dorm; **\$1690** Triple; **\$1990** Double: **\$2490** Single

\$200 OFF IF REGISTERED BY AUGUST 15TH!!!!!!

• Please note that if there are no other triples you may have to move to either the dorm or a double. If no other doubles then you will be placed in the dorm or can choose a single.

**Roommates available upon request Name of Roommate:

_____.

Retreat fees are per person and includes beautiful resort accommodations, use of all facilities, yoga and 6 days of delicious, organic meals.

A check for \$500 will reserve your space, the remainder is due in full by 8/11/14.

Payment:

Personal Check Amount: \$_____ (payable to Ariel Howland)

Mail check to:

Ariel Howland
807A Alvarado Street
San Francisco, CA 94114

Section VI: Emergency contact information

First Name : _____ Last: _____
City: _____ State: _____ Province/Region _____
Zip: _____ Country: _____ Relationship: _____
Phone: (____) _____ - _____ Email: _____

Liability Agreement

As a participant I release Ariel Howland and Niav Connor from all liability which may arise from any and/or all claims by me or any third party in connection with my participation in the retreat.

Signature: _____ Date: ____/____/____

If you have any questions or for more info, please don't hesitate to e-mail:
ariel.howland@gmail.com or niav_connor@yahoo.com.

Please sign and mail the form with your check to the above address as your official registration.

We look forward to seeing you on retreat