



2009 Fall Teacher Retreat: Three Rivers, MI

Name _____ Phone _____
School Name _____
School Address _____
Principal or Supervisor's Name _____
Emergency Contact Information _____

Please read carefully below.

What do you wish to obtain through bringing yoga to your classroom?

What grade do you teach? What are your needs as a classroom teacher? _____

Do you have any formal yoga training? What is your prior experience with yoga?

Do you have any physical problems or limitations (surgery, illness, injury, pregnancy, etc.)
which we should be aware of during the training? (yes/no) exp: _____

Do you have any allergies, dairy or dietary restrictions? _____

Do you give Mindful Practices permission to use photos of you from the retreat in
marketing materials, newsletter, website, etc? (yes/no) _____

You are responsible for your own transportation to/from the retreat. For carpool options,
please call Mary at 708.408.0393. Remember, **Michigan** time is **one hour ahead!**

Retreat Location:

The Hermitage
11321 Dutch Settlement Road
Three Rivers, MI 49093

Retreat begins: 10:30 a.m., September 19th
(Room check-in begins at 9:30)
Retreat ends: 5:00 p.m., September 20th

Please Mail Payment To:
204 S. Ridgeland
Oak Park, IL 60302

★ *Please Make Check Payable to **Mindful Practices***

Fees: \$400 This includes: Food, accommodations and one copy of Student Wellness in 8-10 Minutes Each Day .

Drugs and alcohol are **not** permitted at the retreat center. Any participant with these substances will be evicted without a refund. The rooms are given out on a **first come, first serve** basis and some are shared occupancy. (Rooms can be reserved for an additional \$50 per person, if requested in advance.) The meals served at the retreat center are vegetarian. Participants are allowed to bring meat options, if requested ahead of time.

Suggested Supplies:

A few pens/pencils

Yoga/work out clothes. (No fancy stuff needed.)

Shampoo, toothpaste, etc.

Books, magazines, journals (there is no TV)

Flashlight (optional)

A change of clothes that can get muddy for hiking, etc. (optional)

Bug spray/repellent/allergy medications

Warm clothes for evening (hoodies, socks, etc.)

Items to nibble on between meals, (nothing that needs to be refrigerated).

Digital Camera

By registering for this retreat I hereby agree to the following:

1. That I am participating in the retreat during which I receive information about yoga, classroom management, RtI, etc. I recognize that yoga requires physical exertion which may be strenuous, and I am fully aware of the risks and hazards involved.
2. I understand this it is my responsibility to consult with a physician prior to and regarding my participation in the retreat, especially if I am pregnant. I represent and warrant that I am physically fit and I have no medical conditions which would prevent my full participation in the activities offered.
3. I assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participation in the program.
4. I knowingly, voluntarily and expressedly waive any claim I, my heirs or legal representatives may have against Mindful Practices, the instructors and the Founder for injury or damages that I may sustain during the retreat caused by their negligence or other acts.
5. I fully understand these terms and the conditions stated in the form above and voluntarily agree to said terms.

Participant Name (Printed) _____

Participant Name (Signed) _____ Date _____