

## Yoga Retreat Registration

To register, please fill out the following form. and send it along with your payment to  
Laura Tiede 20745 West River Road, Grantsburg, WI 54840 Checks payable to Laura Tiede.  
Phone: 715-488-2957 Email: ltiedeart@yahoo.com Web site: www.ltart.com

### THE FIVE ELEMENTS: EARTH

Sunday, June 12, 2011

Name: \_\_\_\_\_ Today's date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

#### Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Primary physician: Name/number \_\_\_\_\_

Have you practiced yoga before? Please describe: \_\_\_\_\_

Please list any relative medical or physical conditions: \_\_\_\_\_

Do you have any dietary restrictions? \_\_\_\_\_ If yes, please detail \_\_\_\_\_

#### What to bring:

- Yoga mat (and any props that you like to use)
- A reusable container for your drinking water - you can refill here (well water and filtered)
- Comfortable clothes that allow you to move with layers of warmer clothing in case it is cool out.
- Towel, if you plan on swimming in the St. Croix

#### Policies:

- Registration deadline is Monday, June 6th. Cancellations prior to this date will receive a full refund.
- No refunds after June 6th. However, registration can be transferred to another person.
- In the event that a workshop has to be canceled by the instructor, a full refund will be given.
- To provide a rejuvenating experience for all, please turn off cell and/or leave them in your vehicle.

#### Agreement and Liability Release

I \_\_\_\_\_ (print name) release Laura Tiede, and will hold her harmless from any and all liability arising out of any personal injuries or damages, foreseeable or unforeseeable which may occur as a result of my participation in any class or program or activity sponsored by Laura Tiede. I hereby declare myself physically and mentally sound and capable of participation in those classes, programs or activities.

I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Laura Tiede.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date