

Day-Long Autumn Retreat

September 15, 2019 with Dawn Hayes

More Info: DawnHayesYoga.com/events

Retreat Intention

This day-long retreat will offer many elements of the yoga practice (SATYA, asana, pranayama, meditation, etc) in longer sessions designed to offer time both to journey inward and connect with others in the yoga community.

Please come with a sense of curiosity and willingness to explore. Some yoga experience is recommended, although all levels are welcome. There will also be an opportunity to rest, hike, write, read, and visit with friends.

Agreement with Land of the Medicine Buddha

In order to preserve the sacred energy of the Land of Medicine Buddha, they ask that all visitors to Land of Medicine Buddha join us in observing the following precepts to make your stay as peaceful and enjoyable as possible.

- Please avoid killing any living being, including mosquitoes.
- Please avoid taking what is not freely given.
- Please avoid sexual misconduct.
- Please avoid deliberately lying to anyone.
- Please avoid intoxicants such as alcohol and recreational drugs.

Schedule

9:30am - 12:30pm - Practice in the Pine Room

12:30-1:30pm - Vegetarian Lunch Provided by LMB

2:00-4:30pm - Practice in the Pine Room

Arrival & Departure

You are responsible for your own transportation to and from the retreat. Car pooling is encouraged and Dawn will help to connect you with other participants if this is of interest to you.

Please arrive 15 minutes early to check in and get settled before class starts.

Meals

Lunch is prepared on site and is vegetarian. Gluten free and vegan options are available upon request. If you have food allergies or sensitivities, please list them on the registration form.

If you would like to arrange to eat breakfast or dinner at LMB, you may make separate arrangements with them in advance.

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Things to Bring

Please bring your own yoga mat to practice with. If you have other yoga props, please bring them with you. I will try to provide enough props for everyone, but there may be a limited quantity. Please bring a pen and journal/notebook.

Depending on your interests (and the weather) you may choose to bring the following items: A book to read. Hiking boots or shoes. A bathing suit and towel for use in the pool, hot tub, or sauna. Weather appropriate clothing.

Digital Detox

Our time on retreat is designed to help us step away from our life and responsibilities. In service to that, please leave your digital devices at home or turned off. There is no wireless available and cell phone service is very limited.

If you need to be reached in the case of an emergency, please provide your friends and family with the Land of the Medicine Buddha office number: 831-462-8383.

Tuition

Tuition includes: All yoga classes and a vegetarian lunch. Students are responsible for transportation to and from the retreat.

- \$150 Per Person Before August 1, 2019
- \$175 Per Person August 2 - September 10, 2019

All Registration forms and tuition payments must be received by Dawn on or before September 10th so that The Land of the Medicine Buddha can make the appropriate arrangements for our arrival.

Cash or Check payment only. There will be a \$35 fee for any canceled or returned checks.

Cancellation & Refunds

- If you cancel 30 days or more before the day of the retreat, you will receive a 75% refund of the total retreat cost.
- If you cancel 15 days or more before the day of the retreat, you will receive a 50% refund of the total retreat cost.
- If you cancel within 15 days of the retreat, there are no refunds. You are welcome to transfer your registration to another friend or student as a gift or in exchange for payment. If you choose to do this, please arrange it directly with the student and let Dawn know who will be attending in your place. The new student will need to fill out their own registration form and waiver.

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Registration Information — Please return this page to Dawn with your retreat tuition and keep the the other sections for your records.

Name	
Address	
Phone	
Email Address	
Emergency Contact (name & phone number)	
Food Allergies/Sensitivities	
Injuries, medical conditions, or special needs you want Dawn to know about. Please feel free to continue on another sheet if needed.	
How did you learn about this retreat?	

Agreement of Release & Waiver of Liability

1. That I am participating in a Yoga Class, Workshop, Retreat or Private Session offered by Dawn Hayes, during which I will receive information and instruction about yoga and health. I recognize that Yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Class or Workshop. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Yoga Class/Workshop.
3. In consideration of being permitted to participate in the Class or Workshop, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the Class or Workshop, I knowingly, voluntarily, and expressly waive any claim I may have against Dawn Hayes, Class/Workshop/Retreat Sponsor/Venue, for any injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs, or legal representatives, forever release, waive, discharge, and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents as well as the Refund and Cancellation policies. I voluntarily agree to the terms and conditions stated above.

Signature: _____ Date: _____