**Registration Details Form**

Thank you for your interest in Embody Wellbeing’s Alchemy Retreat! Please complete the following Registration Details form. You may complete electronically – the boxes will expand as you type or print and complete by hand (you may need to use additional space for some questions). Please forward to info@embodywellbeing.org.

**Personal Details**

|  |  |
| --- | --- |
| **Name**  |  |
| **Address**  |  |
| **Email**  |  |
| **Contact Number**  | **Home:** **Mobile:** **Work:**  |
| **Emergency Contact**  | **Name:****Contact Number:** **Relationship:**  |
| **Date of Birth** |  |

|  |  |
| --- | --- |
| **Relevant physical injuries or conditions that may impact your Yoga or Qigong practice or require additional support / modifications** |  |
|  **Do you have any special dietary requirements – allergies, intolerances? (or simply things that you just don’t like to eat?)** |  |

Our retreats involve personal development which requires a degree of mental and emotional stability and a willingness to explore self-limiting beliefs and behaviours. The invitation is to embark on a journey of self-awareness, self-exploration and growth.

Please advise us if you are currently suffering from high levels of stress or anxiety, have a diagnosed or possible mental illness, alcohol and/or drug addiction, have experienced recent trauma and/or diagnosed or potential post-traumatic stress disorder (PTSD). We aspire to welcome all to our retreats – but it is important to understand if you are working through significant issues so we can determine if this retreat is the right space for you and also to be able to better provide you with the support you may need on your journey with us on retreat.

If you have any concerns or questions about this please contact us directly for a confidential discussion: info@embodywellbeing.org.

|  |  |
| --- | --- |
| **Are you currently, or have you in the past 12 months, been in the care of a mental health professional? If yes, please provide details.**  |  |
| **Are you currently experiencing, or have you experience in the past 12 months, high levels of stress or anxiety, alcohol and/or drug addiction, have experienced recent trauma, diagnosed or potential post-traumatic stress disorder (PTSD)? If yes, please provide details.** |  |
| **Is there anything else that you believe we should be aware of to be able to support you during retreat?**  |  |

**Permission to Use Photographs**

I agree/ do not agree (please circle or highlight) to allow Embody Wellbeing to use photographs and video footage of me in publications and promotional materials for Embody Wellbeing, all of which are made public via print publications or website.

|  |  |
| --- | --- |
| **Signature**  |  |
| **Name** |  |
| **Date**  |  |

Thank you for completing your Registration Form for the Alchemy Retreat. Please email the completed form to info@embodywellbeing.org. We will process your form within 2 business days. Upon confirmation of your place you will be required to submit the $500 deposit into the below account to secure your booking. Please refer to the Terms & Conditions for details regarding retreat payments and refunds.

Account name: Embody Wellbeing Pty Ltd
BSB: 062 912
Account no.: 10308655