

The short questionnaire application below is due with your payment upon reserving your space. Space is limited for the retreat. In the event you pay and cannot attend, you will be entitled to a full refund if your space is filled. Reservations are being accepted now. Remember you can pay with cash, check, or credit card. After registration, you will receive a welcome packet with suggestions of what to bring with you on retreat. Expect this information the end of June by email. We will be at Bear Mountain Ranch which is located about 11.5 miles from the town of Sedalia (John and Jeanne's home). We look forward to having you on retreat with us

Please complete the questionnaire and return it with your payment.

1. How long have you been practicing yoga?
2. Do you have any health concerns? If so, are you on any daily/long term medications of which we should be aware?
3. Are there any injuries we should know about?
4. Do you have a meditation practice? What is the frequency of your practice?
5. Do you feel you have any physical limitations that would prevent you from participating in yoga, hiking or meditation? If so, please list them.
6. Are you currently taking any medications that may affect your practice or participation in the retreat? If so, please list them.
7. What are you hoping to learn from participating in this weekend?
8. Do you have anything you wish to share with John and Jeanne before you embark on this journey?
9. Do you have any food allergies or food issues (vegan, non-dairy, etc) that we should know about in order to take care of you better?
10. Would you be willing to carpool from the studio?
11. Emergency Contact information:
Name
Best phone number to reach him or her:
Relationship to you
12. Your contact information (please print clearly)
 - a. Name
 - b. Address
 - c. Phone numbers: (h) (c)
 - d. Email address