



MINDFUL LIVING RETREAT

OCTOBER 28TH – 30TH, 2016

WHAT TO BRING

This is a time for you to truly retreat. A time to step away from your busy life and allow yourself to connect with the rhythm that lies within, so keep that in mind when packing for your retreat. Your room will be provided with sheets, blankets, pillows and towels and will have a private bath. Please bring your own toiletries. The meals will be vegetarian, however, if you have any special dietary needs, please let us know.

On Friday night, please arrive between 5:30 – 7:00 p.m. so you can check in and get settled in your room. (You may arrive as early as 5:30 p.m.). No meal is served that evening, however there is a coffee area in our meeting room, which is the main lodge and there are also simple snacks provided there.

So you are prepared for the weekend, here is a list of items to bring:

- An alarm clock
- Your yoga mat and any props you like to use (we will have blankets and bolsters for you)
- A meditation cushion or blanket (optional, for your own comfort)
- Yoga clothing
- Walking or hiking shoes
- Clothing that is weather appropriate for outside activities such as walking or hiking and our bon fire

Please keep in mind that we are here to retreat. We are dedicating this weekend to self-discovery, personal awareness and growth. We are trying to reconnect with ourselves. With that in mind, please avoid packing the following items:

- iPod/MP3 Player, laptop, iPad, etc.
- Cell phones (maybe leave in the car)
- Alcoholic beverages or other intoxicants

Feel Free to bring:

- A journal to write and record your experiences
- A camera to visually record your experiences
- Anything from home that brings you comfort

The Center has a project entitled Food for God's People. Everyone is invited to bring a non-perishable item (food, paper products, toiletries, cleaning supplies, etc.) to contribute.

In case of an emergency at home here are numbers your family can use:

Lake Huron Retreat Center (810) 327-6772 (8794 Lakeshore Dr. Burtchville, MI 48059)

Jasmin's Cell phone (586) 201-0781 Dawn's Cell phone (586) 242-6142



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LAKE HURON RETREAT CENTER

WAIVER

By signing this waiver I acknowledge the following:

1. I am participating in the Yoga and Meditation Retreat offered by, Jasmin Cromwell/Pathway Partner/Bodhi Seed Yoga & Wellness Studio & Bala Yoga during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga & Meditation Retreat. I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation in the Mindful Yoga and Meditation Retreat.
3. I understand that if I am pregnant, I will take necessary steps to ensure my doctor and health care providers know I am participating in this Yoga and Meditation Retreat. I assert that I am of fit health to participate in the Yoga and Meditation Retreat and will alert all Yoga Teachers whose sessions I participate in that I am pregnant.
4. In consideration of being permitted to participate in the Yoga and Meditation Retreat, 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 retreat, including any and all activities done with the Yoga and Meditation Retreat group (through Jasmin Cromwell/Pathway Partner/Bodhi Seed Yoga & Wellness Studio or Bala Yoga), or as an individual at The Lake Huron Retreat Center.
5. In further consideration of being permitted to participate in the Yoga and Meditation Retreat, I knowingly, voluntarily and expressly waive any claim I may have against Jasmin Cromwell/Pathway Partner/Bodhi Seed Yoga & Wellness Studio and The Lake Huron Retreat Center, and their staff, for injury or damages that I may sustain as a result of participating in the retreat. I, my heirs and legal representatives forever release, waive, discharge and covenant not to Jasmin Cromwell/Pathway Partner, Bodhi Seed Yoga & Wellness Studio, Bala Yoga or the Lake Huron Retreat Center and its staff for any injury or death caused by their negligence or other acts.
6. CANCELLATION POLICY - I understand that 20% of the registration fee is non-refundable. Further, should participant cancellation occur within 5 days of the event for any reason, I forfeit all fees. Should participant cancellation occur within 15 days of the event for whatever reason, only 50% of the total fee is refundable. Should the event be canceled by Jasmin Cromwell/Pathway Partner/Bodhi Seed Yoga & Wellness, Bala Yoga or the Lake Huron Retreat Center, all fees will be refunded back to participant. I understand that I will be charged a \$30.00 fee (in addition to the check amount) if my check is returned for NSF.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to this waiver of liability and understand and agree to the CANCELLATION POLICY.

Signature of Participant

Date