

**To Register for retreat, please complete this form.** *In the Buddhist tradition of Dana, or generosity, this retreat is offered freely to all. It is our intention to honor this tradition, and make this event available to those who wish to participate in the spirit of generosity. However past experience has shown us that individuals frequently register and cancel on short notice. Due to space limitations, we are requesting a \$25 for advance registration. Please only register when you can make a whole-hearted commitment to attend. We regret we cannot offer refunds after Oct. 3, 2008. Mail completed form and deposit to: **YYD, PO BOX 3452, DALY CITY, CA 94015.***

*All Contributions benefit programs offered by Youth Yoga Dharma, a 501c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation, and are tax-deductible. Please visit our website to learn more about us: [www.youthyogadharm.org](http://www.youthyogadharm.org) Thank you for your generosity – a tax receipt will be mailed to you.*

Full Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: Work \_\_\_\_\_ Home \_\_\_\_\_

Email: \_\_\_\_\_

Previous Experience with Yoga:

Length of time practicing (# months/years) \_\_\_\_\_

Please list any injuries/physical conditions you are currently working with:

Previous Experience with Meditation:

Length of time practicing (# months/years) \_\_\_\_\_

I recognize that the practices of yoga and meditation can be physically, emotionally and psychologically challenging. I hereby recognize that I am responsible for knowing my own limitations, and acknowledge that Youth Yoga Dharma, Cator Shachoy, Ajahn Pasanno, Abhayagiri Monastery, and Bija Yoga are not responsible for any injury that may result from my voluntary participation in this event.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_