



Sushmuna Yoga

Bulgarian Retreat Booking Form

Contact name:	
Address:	
Contact telephone:	
e-mail address:	

Indicate date required:	Saturday 31st July - Saturday 7th August	
	Saturday 7th August - 14th August	
	Saturday 14th August - 21st August	

Indicate rooms requested:

Number of persons:		Number of occupants	Cost
Bedroom 1: Double plus single bed	Double occupancy: £385 per person		
	Single occupancy: £100 additional cost		
	<i>I am willing to share a room:</i>		
Bedroom 2: Double plus single bed	Double occupancy: £360 per person		
	Single occupancy: £90 additional cost		
	<i>I am willing to share a room:</i>		
Bedroom 3: Double plus single bed	Double occupancy: £320 per person		
	Single occupancy: £80 additional cost		
	<i>I am willing to share a room:</i>		
	Total Cost:		
	Less Deposit: (£50.00 per person):		
	Final payment: (due 60 days prior to retreat commencement)		



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Participants personal information:

Name	Gender (M/F)	Date of birth	Kundalini Yoga experience None/beginner/intermediate/advanced
Dietary requirements Vegan/vegetarian	Any medical/health problems that would affect the teaching?		

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The above form can be e-mailed to office@sushmunayoga.co.uk or posted with the disclaimer.



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Participant Disclaimer

As a participant at a Sushmuna Yoga Retreat you will be asked to agree to the following release:

I, the undersigned, hereby agree that I am fully responsible for taking all necessary steps to understand my own health and physical condition, as well as the physical and emotional requirements of Kundalini Yoga practice, and I further acknowledge that I fully understand and that my participation in the Yoga Retreat presented by Livtar Kaur (Llyn) and Sushmuna Yoga may be injurious to my health, and am voluntarily participating in and assuming all risks associated with my participation in the Yoga Retreat.

Having such knowledge, I hereby release Livtar Kaur (Llyn) and Sushmuna Yoga, and its representatives, from and against any and all liability for personal injury, illness, emotional trauma, property damage, additional travel expenses, and loss of enjoyment, which I may incur as a result of participating in the said Yoga Retreat. I hereby assume all risks connected therewith and consent to participate in said Yoga Retreat. I do hereby for myself, my heirs, executors and administrators waive, release, and forever discharge any and all rights and claims for damages or liabilities that I may have or that may accrue to me arising out of or in any way connected with my participation in the Yoga Retreat, including without limitation, any extracurricular activities I may engage in during the Yoga Retreat, whether or not sponsored by Livtar Kaur (Llyn) and Sushmuna Yoga, or its representatives.

I understand that I have been advised to consult with my physician as to whether I can safely participate in this Yoga Retreat and by my signature below, I hereby represent and warrant that there are no physical limitations or conditions which would in any way affect my participation, nor are there any medical precautions which I must observe as a contingency to my participation in the Yoga Retreat. Should I become aware of any such conditions or physical limitations subsequent to the date of this Participation Release, I will immediately notify Livtar Kaur (Llyn) and Sushmuna Yoga in writing of such condition or physical limitation.

Each member of the party to read the above disclaimer and sign below:

Name

Signed

Date

Please return to: Sushmuna Yoga
1 Gwessin Terrace
Queens Road
Gosport
Hants PO12 1AT