

# Shining Bay Yoga Retreat

## Confidential Registration Form

|                      |                  |           |
|----------------------|------------------|-----------|
| Name:                |                  |           |
| Address:             |                  |           |
| City/State/Zip Code: |                  |           |
| Telephone: (home):   | (work):          | (mobile): |
| E-mail address:      | Emergency Phone: |           |

Shining Bay Program you are applying for:

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(Please include one-half of the course fee in a money order or cheque to be made out to Sally A. Thompson. Once you receive an e-mail or phone call as confirmation, your registration is complete.)

How did you hear about this program?

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### Health Issues:

Please list any health issues for which you are under the care of a physician or other health professional. (You may wish to add any physical problems that you wish to work on so that your individual teacher in your program can be mentioning specific postures or other remedies you may find helpful for such issues.)

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Please mention any psychological challenges for which you are under the care of a physician, psychologist, psychiatrist or any other health professional.

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Please list any prescription medications you are currently taking:

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### Food:

Do you have any major allergies to specific foods that we should be aware of? Food at Shining Bay is simple, organic food.

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## **Helpful checklist of things you need or may wish to bring:**

**1.** Please bring your own sheets and pillow case and any extra bedding you might need. We will provide a bed, pillow (most of the pillows are queen size) and a duvet-covered comforter. For a small charge, we will supply all the bedding for you if requested. Anything else you require like extra pillows, etc. bring it along.

**2.** a working flashlight and batteries (batteries are for sale in our little shop)

**3.** your own water bottle (filtered water supplied)

**4.** personal toiletries, toothbrush, toothpaste, shampoo, conditioner, soap, scissors, etc. (avoid scents and strong soap)

**5.** jacket, socks and warm sweaters or clothing for layering. By the ocean temperatures vary widely even in one day.

**6.** any sun and rain gear you require: sunhat, rainhat, protective cotton clothing, boots, umbrella

**7.** personal prescriptions; for example, constipation remedy, prescriptions, etc.

**8.** non-toxic bug spray and sunscreen

**9.** camera, notebook and pens, swim suit, cell phone