



*Flow To Fit Yoga, LLC
Cape Cod Yoga Weekend Retreat
Registration Form 2018*

Name _____

Address _____

Email _____ Age _____

Phone # _____

Emergency Contact # _____

Roommate Name (if known) _____

Retreat Date (circle one): SPRING: 5/18-20 or 6/15-17

FALL: 9/14-16 or 9/28-30

Yoga Experience (please include injuries or other health concerns here):

Food allergies or other concerns:

What do you hope to receive from this retreat?



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Flow to Fit Yoga Retreat Agreement ("FTFR Agreement") Terms & Conditions:

1. I understand that I am participating in yoga/Pilates and other retreat activities taught or led by Amie Meleshkewich, (or her designee) of Flow To Fit Yoga (together the "FTF Classes"), during which I will receive instruction about yoga/Pilates. I recognize FTF Classes require physical exertion that can be strenuous. I am fully aware of the risks involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in FTF Classes. I represent and warrant that I am physically fit and have no medical conditions that would prevent me from participating in FTF Classes. I assume full responsibility for any injuries or damages, known or unknown, which I might incur as a result of participating in of FTF Classes. I knowingly, voluntarily, and expressly, waive any claim I may have against Amie Meleshkewich and/or Flow To Fit Yoga for injury or damages that I may sustain as a result of my participation in FTF Classes.
3. I understand that the cost for this FTF Retreat Package is \$500 per person (total due upon registration). This includes accommodations, continental breakfast, buffet style lunch, beverages and healthy snacks (dinner not included), four yoga/meditation sessions, guided bike rides or hikes and one strength training session. I further understand that the activities are weather permitting and may need to be held indoors or cancelled altogether and that I will NOT be refunded or discounted for cancelled classes/activities due bad weather.
4. I understand that cancellation fees are 50% of my deposit if I cancel at least 60 days prior to the Retreat Date after that NO refunds will be provided to me and my registration is not transferrable to another party.
5. I hereby grant full permission and authority to Flow to Fit Yoga, LLC to use for any legitimate purpose and with out payment or compensation, any photographs, video, motion pictures, sound recordings of any event or activity in which I am involved which depicts my person.

By placing my signature on this agreement, I represent and take full responsibility for myself, that I have read and fully understand all of the provisions of this FTFR Agreement and agree to abide and comply by all the terms herewith:

Signature: _____ Date _____

Please Print Name: _____

Complete, sign & return this form (with your payment in the amount of \$500.00) to Flow to Fit Yoga, LLC, 7-E Garage Road, Southbury CT 06488 to reserve your space. Space is not guaranteed until payment is received.