

CONTACT INFORMATION

| FIRST NAME | DATE OF BIRTH |
|--------------------------------|---|
| LAST NAME | GENDER |
| NAME AS IT APPEARS ON PASSPORT | CONTACT, IN CASE OF EMERGENCY (NAME, E-MAIL, PHONE & RELATIONSHIP) |
| PASSPORT NUMBER | |
| VISA NUMBER (IF AVAILABLE) | ARE YOU TRAVELING WITH ANOTHER PROGRAM PARTICIPANT? IS THERE SOMEONE WITH WHOM YOU WISH TO SHARE A ROOM? YES NO |
| EMAIL | NAME |
| PHONE | HAVE YOU VISITED: MOUNT MADONNA CENTER? YES NO |
| ADDRESS | SRI RAM ASHRAM? INDIA SALT SPRING CENTRE YES NO YES NO |
| CITY | DESCRIBE THE PROGRAM YOU ATTENDED AND YOUR EXPERIENCE: |
| STATE / ZIP CODE | |



HEALTH All participants must be in possession of a valid health IF YOU HAVE A HEALTH OR MEDICAL CONDITION PLEASE DESCRIBE: insurance plan, which would cover any necessary treatment in the unlikely event of a medical emergency. If A.) HOW IT AFFECTS YOUR PRACTICE OF YOGA. B.) HOW IT MAY AFFECT YOUR JOURNEY TO INDIA. your healthcare plan does not cover international travel, please purchase travel health insurance - there are many options available online at a nominal cost. It is always a good idea when going on an overseas trip to first have a medical and, if possible, a dental checkup. DESCRIBE ANY FOOD AND/OR MEDICATIONS Anyone who has a severe health problem or significant health weaknesses should wait until their health im-**ALLERGIES** proves. We strongly recommend that those with health concerns get medical clearance from their doctor. It is important to bring all your own medicine with you. DO YOU HAVE A HEALTH OR MEDICAL CONDITION? YES

DESCRIBE HOW IT IS BEING MANAGED AND INCLUDE MEDICATIONS

MEDICATIONS

DESCRIBE ANY DIETARY RESTRICTIONS

TELL US ABOUT YOUR YOGA EXPERIENCE

We look forward to offering a well-balanced program. All questions are asked with intention to learn about you more so we may create and design a healthy program itinerary.

IF YOU HAVE A CURRENT PRACTICE OF PRANAYAMA, MEDITATION, OR ASANA PLEASE DESCRIBE

WHAT INSPIRES YOU TO COME ON THIS JOURNEY?
PLEASE TELL US WHY THIS TRIP HAS MEANING FOR YOU.

| HOW DID YOU HEAR ABOUT THE MOUNT MADONNA & | I HAVE READ AND UNDERSTAND THE APPLICATION |
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| SRI RAM EXPERIENCE? | AND THE REQUIREMENTS, RECOMMONDATIONS, |
| | AND GENERAL INFORMATION PAGE THAT FOLLOW. |
| | We love to put names to faces! Please attach a photo to you completed application. |
| | SIGNATURE |
| | |

WE LOVE TO PUT NAMES TO FACES!

DATE

PLEASE ATTACH A PHOTO ID WITH YOUR COMPLETED APPLICATION.

Please contact us at YogaIndia@mountmadonna.org with any questions



WE ARE LOOKING FORWARD TO HEARING FROM YOU.