

## **Sign up sheet for 10 day retreat:**

(please copy this sign up sheet and paste it in a email to the retreat center having filled out all the information, you will be asked to sign it upon your arrival.)

Name:

Date:

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Age (for participants under the age of 18 parental consent is required):

Gender:

Pre-existing medical conditions:

Confirmed or suspected pregnancy (how far along?):

Allergies:

Any drugs or medications you currently take:

Any previous experience with similar retreats or ceremonies:

Reasons for wanting to come to do a retreat at the Echoes of Light retreat center:

How many people will be joining you? List their names please. (they each must fill in this same form and contact the center directly):

What dates are you interested in signing up for?:

Signature: (to be signed in person upon arrival)