

**Conscious Vegan One-Day Yoga Retreat w/ Christina Gdisis**

Saturday, September 11th – 9am @ Safe Haven Farm Sanctuary

*(rain date September 18th)*

254 Gardner Hollow Rd, Poughquag, NY 12570

* Full Name:
* Email address:
* Date of Birth:
* Emergency contact name, relationship, & number:

Do you have any medical conditions I should know about? Any food allergies?

Are you taking any medications? If so, what are the name(s)?

What is your intention / reason for coming on this retreat, and what are you hoping to receive from this experience together?

How did you hear about this retreat ?

Will you be driving a car or carpooling? If so, will there be other retreaters riding with you? If so, whom?

*This information is needed to know how many parking spots we will need at the sanctuary. Transportation will not be provided by the host. You will need to either bring your own transportation or carpool.*

**Important Note**

\*\*\*To respect the policies of the farm sanctuary, they require visitors to be **vaccinated and wear masks** when walking around the grounds. Masks will not be required when visitors are seated or practicing yoga and meditation. By signing this form, you acknowledge that you are vaccinated and will wear a mask when walking the grounds or when requested.

**Payment**

A non-refundable deposit of $50 per person is due at time of registration, with full payment due by August 11th. The deposit will reserve your space.

Payment can be made through Paypal [christinagdisis@gmail.com](mailto:christinagdisis@gmail.com) or Venmo @cgdisis

Deposits are non-refundable with the exception for certain COVID-19 policy changes announced by New York State or the CDC or policy changes made by the sanctuary.

Please sign below to acknowledge that you have read and understood the above:

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*Please fill out this form and send to* [*christinagdisisyoga@gmail.com*](mailto:christinagdisisyoga@gmail.com)*, along with Paypal or Venmo payment*