



ALL ABOUT YOU

We are getting closer to our week together. Our 2019 7 Days of Transformation Retreat, August 3-10, is small and intimate. So, Samantha is able to create a more custom experience for each guest. Please take the time to fill out one form for each individual guest and send it back as soon as possible. Many blessed beings are a part of the behind the scenes of your adventure, and everyone would like time to prepare for your comfort and desires. *Blessings as we move forward. See you soon, Samantha*

Name _____
 Phone _____
 Email _____

Reserved _____ room for _____ people
 # of rooms # of people per room

Name of other guest(s) sharing my room _____
Up to 3 guests per suite

Food Preferences

Your breakfasts are included in your retreat rate. The 5-star chef will prepare vegetarian, organic, and non-gmo meals. This is a remote area, this information is needed in advance to make sure everything is fresh and arrangements are made for deliveries. Your meal options are: *(Circle your choices)*

	Sat 8/3	Sun 8/4	Mon 8/5	Tue 8/6	Wen 8/7	Thu 8/8	Fri 8/9	Sat 8/10
Breakfast	<i>n/a</i>	included	included	included	included	included	included	included
Light Lunch	<i>n/a</i>	\$15	\$15	\$15	\$15	\$15	\$15	<i>n/a</i>
Full Lunch	<i>n/a</i>	\$28	\$28	\$28	\$28	\$28	\$28	<i>n/a</i>
Full Dinner	\$28	\$28	\$28	\$28	\$28	\$28	\$28	<i>n/a</i>

I am
 Vegetarian _____
 Vegan _____

I have

Dietary Restrictions /Allergies _____

Medical Needs/Restrictions _____

Room Preference

There are 10 suites available in this retreat, and each one is unique. These requests are honored as first received.

_____ I would prefer the 1 suite in the main building. Less required walking. Great for people who are less mobile or might suffer from altitude sickness.

_____ I would prefer a suite closest to the fresh water hot tub and the closest view of the lake, but farthest away from the main building.

_____ I would prefer a suite with a natural fireplace.

_____ I would prefer a suite closer to the main building, which means less walking, but I do not require the 1 room in the main building, which is reserved for the guest who needs it the most.

Transportation to/from My SachaJi

_____ I will be hiring a driver/shuttle and wouldn't mind sharing and splitting the cost with anyone else arriving at the retreat at the same time.

_____ Date _____ Time _____ Leaving from _____

_____ Date _____ Time _____ Going to _____

Religion

I am/consider myself: _____

When I think about (insert religious name) I feel:

	Negative	Uneasy	Neutral	Good	Great
Buddhism					
Catholicism					
Christianity					
Hinduism					
Islam					
Judaism					
Sikhism					

I do Yoga:

- _____ Daily
- _____ Weekly
- _____ As needed
- _____ Sometimes
- _____ Never

My favorite Yoga style is: _____

I meditate:

- _____ Daily
- _____ Weekly
- _____ As needed
- _____ Sometimes
- _____ Never

My preferred style is: _____

I decided to attend a retreat and come to this retreat, because: _____

Reminders

This is your time. Turn your phone off and relax.

This retreat/resort is for retreat guests only. No one under 18 years old allowed on-site. Spouses and friends will need to be registered for and attend the retreat to be on-site/stay in the room.

Please be respectful of the privacy of others. Photographing the other retreat guests is not allowed.

We are in a remote area. If the wifi is working it will only be available in a small area of the main building. To respect other guests, make arrangements in advance to keep your contact with the outside world to a minimum.

Please bring your awareness to the fact that everyone at the retreat does not think or agree with everything you think and believe, and that's ok. These topics are off limits in this safe space: politics, presidents, current events, news, etc. For one week we all live in the wild in harmony, and have never heard of or experienced these things.

There are no other food options, no nearby restaurants, etc. But you can choose to bring well-sealed air tight containers of snacks, nuts, etc. for your light eating options. Due to health regulations there will be no fridge or kitchen use for guests.

I _____ have / _____ have not booked my flights

If you have booked your flight please provide your:

Airline _____

Flight Number _____

Flight Arrival Date _____

Flight Arrival Time _____

Emergency Contact Information

Name: _____

Email: _____

Phone: _____