



*Blue Lotus Mindfulness and Meditation Center*  
*Event Registration Form*

Event: Silent Retreat Date: \_\_\_\_\_ Time: 7:00 AM – 4:30PM

Location: 11108 Eagleview Drive Brainerd MN, 56401 Phone: 218.203.9690

Email: bluelotusmindfulness@gmail.com

---

**Participant Information**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

---

**Background and Medical Information**

Have you ever been to a retreat: \_\_\_\_\_ If so, how many: \_\_\_\_\_

How often do you meditate: \_\_\_\_\_

How long can you sit at one time: \_\_\_\_\_

How would you classify your meditation experience (beginner, advanced...) \_\_\_\_\_

\*Have you ever experienced trauma: \_\_\_\_\_

\*Have you been diagnosed with PTSD or do you experience flashbacks: \_\_\_\_\_

\*Do you have any medical concerns we should be aware of: \_\_\_\_\_

\*If so, what are they: \_\_\_\_\_

Please identify any allergies: \_\_\_\_\_

Please identify any dietary restrictions: \_\_\_\_\_

\*Do you have any physical limitations: \_\_\_\_\_

\*If so, what are they: \_\_\_\_\_

Emergency Contact if necessary: \_\_\_\_\_

\*This information is only used so we can better prepare for you in advance.

---

## Registration Fee

Free of charge, but please consider a donation. A donation is NOT required.

\*Please make checks payable to: Blue Lotus Mindfulness and Meditation Center

---

## Additional Information and Agreement

This event is being offered for your spiritual enlightenment. While participating we ask that you please follow the rules and considerations below.

1. This is a safe space for all. As such, all participants are expected to respect the diversity and boundaries of others who are present.
2. Smoking, illegal drug use, alcohol, profanity, rudeness, violence, sexual comments, or sexual interaction is prohibited.
3. Please practice social distancing.
4. Please turn off your cell phone. Vibrate or silent is not off.
5. Our location is in a natural state and as such is wooded. You may encounter thorns, branches, uneven terrain, insects, or wildlife.
6. Appropriate clothing is required.
7. Please bring a yoga mat and/or cushion to sit on.
8. Restroom facilities are rustic and primitive, yet they are private.
9. Photographs or video may be taken for social media or promotional use. Your name will not be used without your express consent to do so or you may opt out entirely by letting us know at the time and your privacy will be respected.
10. If you are participating in a silent retreat, talking is not allowed during event hours unless an actual emergency occurs or during the post-session interview.

By signing below, I agree to abide by the above listed rules and safety precautions. I furthermore agree that I am waiving all liability of the Blue Lotus Mindfulness and Meditation Center and their facilitators should an accident or injury occur while participating at this event.

---

Name (Print)

---

Signature

---

Date

The Blue Lotus Mindfulness and Meditation Center does not and will never discriminate towards anyone for any reason. Everyone is welcome.