# **GoToGoA Yoga, Ayurveda & Wellness Retreat**

### **February 8 – 15, 2026 | Nalanda Retreat, Mandrem Beach, Goa 🇮🇳**

## **🪷 Participant Registration & Enrollment Form**

**Hosted by Dr. Shawn Lillig, MD | Ashtanga Yoga Teacher | Bonner Springs Integrative Health**

### **PERSONAL INFORMATION**

**Full Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Preferred / Infinite Name (Spiritual or Nickname):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date of Birth:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Gender / Pronouns:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Mailing Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_
**Country:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **EMERGENCY CONTACT**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Relationship:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Phone / WhatsApp:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **HEALTH & WELLNESS INFORMATION**

**Do you have any medical conditions or allergies we should be aware of?**☐ No ☐ Yes – please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are you currently taking any medications?**☐ No ☐ Yes – please list: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Have you practiced yoga before?**☐ Beginner ☐ Intermediate ☐ Advanced **Primary style(s):**

**What are your goals or intentions for joining this retreat?**

### **ROOM & TRAVEL PREFERENCES**

**Room Preference:** ☐ Single  ☐ Shared (Twin Bed)  ☐ Couple
**Roommate Request (if any):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Arrival Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Departure Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Airport of Arrival:** ☐ Goa (Dabolim)  ☐ Manohar International (Mopa)
**Do you need airport transfer?** ☐ Yes  ☐ No

### **DIETARY PREFERENCES or ALLERGIES**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meals are vegan/veggie buffet with very occasional fish or chicken side dishes. There are a variety of neighboring restaurants and fresh markets if you have strict **dietary preferences** or desire heavier options.

### **PAYMENT DETAILS**

* €1,200 EUR ~ $1,400 USD ~ ₹125,000 INR All-inclusive accomodations

**Deposit:** $250 USD/Euro (non-refundable, required to secure spot)
**Balance Due:** **December 31, 2025**

**Payment Options:**☐ MindBody Link (preferred) - Credit Card, Bank - create account/login to pay <https://clients.mindbodyonline.com/classic/ws?studioid=5735506&stype=43&prodid=101054>
☐ Venmo @Shawn-Lillig ☐Wise @shawnphillipl ☐ AppleCash/Pay: 9134499551

By signing below, I affirm that all information provided is accurate to the best of my knowledge. I understand that yoga and Ayurvedic practices involve physical and energetic participation, and I take full responsibility for my well-being during the retreat.

**Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **SUBMISSION**

Please submit your completed form and deposit confirmation to:
📧 **info@bonnersprings.health**