

Health Questionnaire and Liability Waiver Form

You must disclose all relevant information and provide any intolerances or dietary requests on the health form and return it once you book or no later than 4 weeks before the retreat date. If you or your other guests fail to do so we reserve the right to cancel the place and issue a refund. This is so we have all the necessary information in advance to assess if the retreat is appropriate for you. We will not be able to cater for any dietary requirements if you do not disclose all information on the health form in advance. We reserve the right to review the health form and cancel and refund the booking if we find the retreat is not appropriate for you. Please note on food weeks we cannot cater for those who require separate meals to be made. Please contact us if you need more information. Thank you for understanding.

Personal

Full Name *

First Name

Last Name

Email *

example@example.com

Mobile Number *

Address *

House Name or number & Street name

Street Address Line 2

Date of Birth *

Month Day Year

Your age *

Please enter a value between 18 and 75

Your Height *

Please tell us your height. for example 184cms or 5ft 4inches

Your Weight *

Please tell us your weight. For example, 65kg or 10.2 stone.

Emergency Contact name and contact information *

Date of Retreat *

Month Day Year

Gender *

Male

Female

Rather not say

Occupation *

Health

Please answer the questions below with as much detail as possible. If you answer YES to any of the questions, please provide further details, where applicable.

Do you have any past or existing health-problems? *

Yes

No

Do you have any current or previous issues with your weight? *

Yes

No

Have you suffered from any past or present eating disorders? *

Yes

No

Do you have any aches and pains *

Yes

No

Do you have any problems with your muscles or bones? *

Yes

No

Have you had any previous fractures? *

Yes

No

Do you suffer from osteoarthritis *

Yes

No

Do you have any heart problems? *

Yes

No

Do you have or ever had high blood pressure? *

Yes

No

Do you have respiratory problems? *

Yes

No

Do you have neurological issues? *

Yes

No

Do you have type 1 or 2 diabetes? *

Yes

No

Do you have any allergies we should be-aware of? including fragrance / essential oil allergies *

Yes

No

Are you pregnant? *

Yes

No

What medications do you currently take?

What supplements do you currently take?

If you have answered YES to any of these questions please provide details here.

Additional

What is your previous experience with yoga/fitness?

What is your current yoga level? *

Beginner

Intermediate

Advanced

Is there anything your instructor should know before you join a class?

Please rate your fitness levels: (1 - not fit at all. 5 - very fit)

1

2

3

4

5

What are your main aims for the retreat?

Do you have any specific dietary health related requirements? all our juices/smoothies/meal are refined sugar free, gluten free, dairy free, vegetarian with vegan options. We regret we cannot make separate juices on juice weeks or meals on food weeks for guests. We can remove items from the recipe due to intolerance. Please note we cannot cater for intolerance or requested changes on retreat that are not on this form.

What are your health & fitness struggles currently? (I want to know about your digestive health, energy level, weight loss/gain goals, hormonal imbalance, pain, inflammation, bloating etc.)

Please rate your digestive health:(1 - Poor. 10 - Amazing.) *

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Please rate your level of confidence and ability to be successful:(1 - I don't believe I'll ever be successful. 10 - I know I'll be successful, I have zero doubt.) *

- 1
- 2
- 3

5
6
7
8
9

What are your biggest barriers to reaching your goals, why have you not been successful in the past? *

Give me a glimpse into your nutrition in a day! What do you eat, when and how much. Are you a stress eater? Chronic dieter? Do you feel guilty when you splurge? How is your self control? *

Would you be interested in doing a 3-Day Cleanse to jump start your metabolism and help banish belly bloat? *

Yes
No
Maybe

Are you interested in a post workout recovery formula designed to help with results? *

Yes - Chocolate
Yes - Vanilla
No
Maybe

Are you interested in a clean-eating Protein snack bars? *

Yes
No
Maybe

If I have booked a massage or Beauty treatment, I agree not to cancel within 24 hours notice. I understand that after receiving a massage I might feel some tension or pain in my body

afterwards, especially if I have requested a deep tissue massage *

I agree

As a guest of Qisati, I hereby agree for this questionnaire to be held confidentially on file with Qisati for use by Qisati only, on the impending retreat and any future retreats. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching, such as yoga, Pilates, power walks, massage, swimming, guided walks and hikes at my own risk and waive all liability on Qisati and its staff *

I agree

If I have answered YES to any of the health related questions I hereby confirm myself fit or have sought my GP's permission, to participate in the retreat activity outlined on the website. I confirm that I will notify Qisati of any changes in terms of my health and fitness mentioned in this questionnaire prior to participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me *

I agree

I understand that any activity partaken outside of the grounds of Qisati during my stay, i.e going for walks alone or with other group members without Qisati retreat staff present, or renting bicycles that do not belong to Qisati, I do so at my own risk and waive all liability and responsibility for my health and safety to my own personal risk and not that of Qisati owner or staff. *

I agree

Disclaimer: The wellness retreat is designed to provide participants with the tools and resources to improve their physical, mental, and emotional health. However, it's not a substitute for professional medical advice, diagnosis, or treatment. Participants should consult their GP or other qualified health care provider before embarking on any Wellness programme or making any changes to their diet, exercise routine, or lifestyle. The organisers, facilitators, and sponsors of the retreat do not assume any liability or responsibility for any injury, loss, or damage incurred by participants during the retreat, and all participants assume full responsibility for their own health and well-being. Additionally, the retreat may involve physical activities that could be strenuous or require a certain level of physical fitness, and participant should disclose any medical conditions or limitations that may affect their ability to participate. The organisers reserve the right to refuse participation to anyone who poses a risk to themselves or others. By participating in the retreat participants acknowledged they may they have read this disclaimer and agree to its terms and conditions. *

I agree

Cancellation Policy: Participants may cancel the reservation for the retreat up to 90 days prior to the start date of the retreat for a full refund. Cancellations made between 30 and 90 days prior to the start day of the retreat will receive a 50% refund. Cancellations made within 30 days of the start date of the retreat will not be eligible for a refund. In the event that the organisers must cancel the retreat, participants will receive a full refund of any fees paid to the organisers. The organisers are not responsible for any additional expenses incurred by participants, including but not limited to travel expenses or non refundable reservations. By registering for the retreats, participants acknowledged that they have read and agreed to the cancellation policy *

I agree

I agree to inform Qisati if there is any reason why I may find a juice detox more challenging than other guests. ie physical limitations, addictions, weight issues, mental health concerns. *

I agree

Please elaborate on why you might find a juice detox more challenging (if applicable)

You might be photographed/videoed during your retreat. Photographs may be used on Qisati's website, social media or other printed materials, Please let us know if you prefer not to be photographed.