

Breathe into Being

REGISTRATION FORM

Breathwork and Yoga Retreat

Bodhi Bhavan Retreat Centre

Monchique, Portugal

Saturday December 2 - Saturday December 9 2023

Name: _____

Address: _____

Contact Phone: _____

Email: _____

Date of Birth: _____

Age: _____

Have you practiced yoga before? If so, how often?
what is your experience?

Have you practiced pranayama? If so, how often?
what is your experience?

Have you practiced Conscious Connected
Breathwork/Rebirthing Breathwork? If so, how was the
experience and what do you understand about the
practice?

Have you got any health conditions or injuries? If so,
please elaborate...

Are you taking any medications? _____

Have you got any dietary requirements?

How do you plan on getting to the retreat ?

Would you be requiring shuttle service to and from
Monchique?

What are your intentions for the retreat?

How would you describe your lifestyle right now?

Feel free to elaborate or list any other requirements, concerns, or questions for the week...
