

# *Breathe into Being*

## REGISTRATION FORM

At Tierra Cosmica, Monda  
Spain

Saturday April 13 - Thursday April 18 2024

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?

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

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

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Are you taking any medications? \_\_\_\_\_

Have you got any dietary requirements?

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How do you plan on getting to the retreat ?

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Would you be requiring shuttle service from Malaga  
airport?

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What are your intentions for the retreat?

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How would you describe your lifestyle right now?

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

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