



MOUNT SHASTA RETREAT



**Place your answers into a word doc or inside an email
and send to: travel@iamavatar.org**

CONTACT:

Legal name:

Address of Residence:

Your Phone #:

Your email:

Emergency Contact

(with name, relationship, phone and email)

GENERAL:

1. Have you ever been to Mount Shasta?
2. What is nature of your work and life purpose?
3. Why you are interested to partake in this spiritual quest.
4. How do you know the facilitator, Tiara Kumara, and have you ever participated in any of her teachings or retreats? If yes, which ones?
5. Briefly describe your spiritual path.

6. Do you attune to your higher power?
7. Age, height and weight
8. Any smoking or alcoholic drinking is not permitted on this retreat. Are you okay with this?
9. Briefly summarize your current state of health and describe any current issues.
10. List any prescription and recreational drugs that you are currently ingesting
11. List any dietary restrictions.
12. Do you have the financial means to go on this trip?
13. What sleeping option do you desire?
 - * OPTION A ~ Own Bed in a Sharing Room:
 - * OPTION B ~ Private Room
 - * OPTION C ~ Sofa Bed/Futon/Air Mattress
 - * Off Site Lodging
14. We are looking for a driver of our passenger van. A retreat discount is offered. Please let us know if you are interested.

Please add anything else you wish to share.

Thank you!!

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