

**Yoga classes with Mary-Louise Parkinson**

**Budawang Yoga Retreat**

**P.O. Box 82 MILTON 2538**

**Tel: 02 4457 3682 Mob: 0418 865402**

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Please read and sign prior to commencing Yoga with Mary-Louise for the first time:

Yoga is safe and beneficial when practiced CONSCIENTIOUSLY AND CONSCIOUSLY. Every possible care will be taken by your teacher for your well-being. However they cannot be responsible for improper practice at any time. Your teacher should be informed, before class begins, of any recent injury, illness, surgery, or commencement of pregnancy.

All information is designed to help your Yoga teacher to better understand how they may best be of help to you. Please feel free to speak to the teacher about any Yoga-related problems you may have.

NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

ADDRESS: (Postal) \_\_\_\_\_

CITY & POST CODE \_\_\_\_\_

EMAIL: \_\_\_\_\_

TEL: \_\_\_\_\_ MOB: \_\_\_\_\_

EMERGENCY CONTACT & TEL: \_\_\_\_\_

Do you have any special health issues that we should be aware of, for example:

HBP	{ }	ASTHMA	{ }	DIABETES	{ }
LBP	{ }	OSTEOARTHRITIS	{ }	ARTHRITIS	{ }
THYROID PROBLEMS	{ }	RECENT SURGERY	{ }	PREVIOUS INJURIES	{ }
ALLERGIES	{ }	PREGNANT	{ }	SPINAL INJURIES	{ }
		Due Date	{ }		

If yes to any of above, please expand:

Have you practiced yoga before? { }

How did you hear about this Yoga class? \_\_\_\_\_

**FOR WEEKEND RETREATS AND WORKSHOPS:**

- Do you have any special dietary requirements: { }
- Please state these e.g. dairy/wheat/eggs \_\_\_\_\_
- Would you like a massage while on retreat? { } (additional \$65 for one hour)
- I am aware accommodation is twin share { }

**AGREEMENT:**

I understand that the instructions given throughout classes are intended only as a guidance. It is therefore my own responsibility to adjust my practice according to my limitations to ensure that no personal injury occurs. I thereby declare that I will take full responsibility for myself during the classes. I also understand that I commit myself not to pass on or to teach any of the Yoga and other techniques taught in class.

Signed: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

PLEASE TURN OVER AND SIGN REVERSE...

## **Disclaimer, Budawang Retreat, P.O. Box 82 MILTON 2538. Version 3.1**

As a part of the contract for the provision of recreational services and activities I/we agree that the operators, owners, occupiers and instructors and their employees, agents, servants, contractors and volunteers will not be liable for any death, harm, injury or property damage resulting from any tort, negligence or from a breach of an express or implied warranty that services will be rendered with reasonable care and skill and to the extent so permitted by law.

It is acknowledged and agreed as a condition of participating in recreational services and activities including camping, forest activities and related activities including accommodation and related services, that the operators, owners, occupiers and instructors and their employees, agents, servants, contractors and volunteers shall not be under any liability for death or any personal injury, loss or property damage which may be sustained or incurred to any person at or on 210 Barren Ridge Road Milton NSW 2538 or any adjoining or related lands and parks.

I take full responsibility for my actions while traveling to and from the venue and during my time at the venue and full responsibility for myself and any accompanied minors during my stay or when participating in any activity.

### PLEASE BE CAREFUL AND NOTE THESE WARNINGS

- **Budawang Retreat** "The Venue" is located within the Yadboro State Forest and all the hazards which exist in a state forest may exist at the Venue.
- **Mobile phones** do not work in most places. There is no facility for charging mobile phones or other electric devices (e.g. hair dryers).
- **Access roads** are maintained by NSW State Forests and four wheel drive vehicles are recommended. Drivers should drive at a slow and safe speed at all times and take particular care on wet roads.
- **Minors/Children:** Children and people with a disability should be supervised by a parent or responsible person at all times.
- **The Clyde River:** The river is crown land and not part of this venue. It is wild and unpredictable. It may rise quickly after rain. It can have low or high flow rates, deep and shallow sections. It has numerous hazards submerged such as rocks and branches – do not jump or dive into the river at any time. It is home to many animals. The river bottom consists of small – medium sized rounded rocks and you will have a better time if you wear suitable foot covering such as River shoes (rock shoes / well fitted sandals – not gum boots or children's gum boots).
- **Good Shoes:** Wear proper shoes at all times especially children and at night when the snakes are active.
- **Plants:** Do not eat or touch any plant (e.g. mushrooms, poison ivy)
- **Walking:** be careful of trip hazards (e.g. vines, stumps, rocks, holes). Be aware of uneven or steep or wet ground or paths.
- **Trees:** May drop branches at any time, especially in strong winds.
- **Wild Animals:** You may encounter wombats, wallabies, kangaroos, birds of many colours and other Australian native animals. We rarely see them, however you may encounter dangerous or unpleasant animals. (e.g. leeches, flies, snakes, bees, dingoes, foxes, pigs, spiders). Do not approach wild animals.
- **Snakes:** keep watch for snakes and wear proper shoes and long pants at all times. If you accidentally stood on a snake and were bitten it would be a trip to hospital at best – use torches at night, stay on established tracks. Do not let children play in the bush at night. Recommended treatment is a compression bandage firmly wrapped from bite site towards heart then car trip to Milton hospital.
- **Farm Animals:** Maintain a safe distance from farm animals (cows, horses, chickens, roosters, peacocks, peahens). Farm animals may bite you or step on your feet, push you over etc.
- **Farm Equipment:** Stay away from farm sheds, equipment and tools.
- **Domestic Animals:** We have a border collie dog. Do not bring animals.
- **Fires:** If total fire ban then no fires at all – otherwise the law permits fires for cooking only. Ask us before lighting any fires. A fire is a dangerous place for children and there should not be any playing around in or beside a fire (e.g. putting sticks into and out of the fire).

Signed: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

PLEASE TURN OVER AND SIGN REVERSE...