



Retreat Registration Form

'Fast Like a Penguin'
January 09 to 19, 2020
Mae Hong Son - Thailand

Please send 1 form per person, completed, dated and signed, to: **sanghasompou@pm.me**

- First name : Name :
- Address :
.....
- Email :@..... Birthdate:
- Nationality : Passport no.:
- Person to contact in case of emergency :
..... Phone :
- Did you take one or more of these trainings :
5 Mindful Training: Yes ☐ No ☐ **14 Mindful Training:** Yes ☐ No ☐
- If you practice with a Sangha, please tell us where and the name of your Sangha:
.....

Liability waiver:

I hereby release the organization team from all claims or liabilities of any kind arising out of casualties during my participation in this event.

Date:..... **Signature** :

Rental of nordic walking poles (10 Euro per week): Yes ☐ / No ☐

We highly recommend prior reservation as we only have a few set of poles for rent. If interested, please add 10 Euro to your fund transfer. Poles will be handed over to you in Mae Hong Son after having received a refundable deposit of 700 Baht.