



Suan Sompou
Sompou Gardens

Retreat Registration Form

"Wake Up & Slim Down"

December 02-08, 2022, 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 ore 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** :

I would like to take advantage of the reduced rate of 3900 Baht
I am happy to support other friends in paying the full rate of 4900 Baht

Rental of nordic walking poles (350 Baht per retreat): Yes / No

We highly recommend prior reservation as we only have a few set of poles for rent. If interested, please add 350 Baht to your fund transfer. Poles will be handed over to you in Mae Hong Son after having received a refundable deposit of 700 Baht.