

## Form 1 - Host Retreat Form

Please type NA in any field that is not applicable. Pls. fill out and resend back to us as an attachment, or print out and send it scanned back to us as an attachment.

Preferred Retreat Date:

Alternative Date:

### Contact Information

Your Name:

Your E-mail Address:

Your Telephone Numbers:

### Hosting Facility Information

Facility Name:

Facility Phone:

Facility Email:

Facility Web Site:

Facility Address:

Facility City:

Facility State:

Facility Zip:

Facility Country:

Additional Comments or Queries:

### Requirements to Host a Retreat:

1. Freedom and Leela collectively teach all sessions of the (prices are dependant on # of participants, location and length of retreat):
  - a) 5 day retreat for a fee of US\$\_/person
  - b) 3 ½ day (3 nights) retreat for a fee of: US\$\_/person
  - c) 2 ½ day (2 nights) retreat for a fee of: US\$\_/personThe host will add on all additional costs.
2. Number of Participants - minimum 15 - 24 people.
3. We will be given a list of the participants ahead of time and the participants will fill out our Participation Liability Form 4 found under the Contact Section, Forms.
4. An ideal retreat is when the participants commit to staying at least 2 - 3 nights at the location of the retreat or drop in for all sessions.
5. Please review the Sample Retreat Format for Freedom and Leela's retreats and suggest possible preferences regarding the length of the retreat and daily scheduling.
6. Please review Form 2 – Food Requirements - Suggested Menu and pass along your menu for the meals at the retreat.
7. Arrangements need to be made for the appropriate room where the retreat sessions will be held – indoor or outdoor.
8. Participants will need yoga mats, shawls, a cushion and drinking bottles.