

# RETREAT INTAKE

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# QUESTIONNAIRE

NAME:

EMAIL:

HOW DID YOU FIND US?

PRIVATE/NAME OF ROOMMATE:

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All food served will be plant-based. Do you have other dietary restrictions?

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What made this retreat in particular right for you?

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Please choose what is important to you during a retreat.

The  
YOGA!

Reiki/  
Massage

Meditation/  
Pranayama

Social/  
Travel

The  
FOOD!

Restorative  
Yoga

Additional  
Activities

Rest/  
Relax

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Anything else you'd like us to know?

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Thank you for joining us! We can't wait to move with you!  
<3 Sharon Jung Yoga