

## **Registration Form**

- **The Tree of Life Programs are directed by Dr. Gabriel Cousens**
- **Kindly complete all sections of the form**
- **Couples are asked to each fill a form individually**

### **Personal Details:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home / Office Phone: \_\_\_\_\_ Mobile Phone.: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: M / F

### **Questions concerning the WorkShop :**

1. Please mark the Workshops for which you have registered:

- Spiritual Juice-Fast Retreat       Individualize your diet       Zero Point  
 Conscious Eating       21 Day - Whole Person Rejuvenation       Dead Sea Weekend

2. How did you hear about the Workshop? \_\_\_\_\_

3. Do you wish to buy a Yoga Mat [24Euro / 32\$] and/or a Yoga Strap [6Euro / 8\$]  
and to get them at them at the workshop ? \_\_\_\_\_

4. Accommodation: Room: Single / Double with Partner.

I wish to share the Room with: \_\_\_\_\_

5. Do you wish to stay at Almog Spa Village for additional nights - before or after the Workshop? Please provide dates & times of arrival & departure:

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**Health Questionnaire:**

5. Do you have any medical or health issues? Please note the following conditions: *Diabetes, blood-pressure, heart problems, allergies, underweight, digestive problems, epilepsy, any backgrounds with mental issues or any chronic disease:*

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6. Do you take medications on a regular basis?      Yes / No

Please list: \_\_\_\_\_

7. Do you have any allergies to food (especially fruit & vegetable) or medication?      Yes / No

Please list: \_\_\_\_\_

8. Have you undergone any implant operation or have you been advised to undergo any operation?

Yes / No

Please list: \_\_\_\_\_

9. Have you been hospitalised during the last five years?      Yes / No

Please list: \_\_\_\_\_

10. Other comments: \_\_\_\_\_

**1. The Workshop Arrangements:**

- The workshops are done in a retreat setting - a break from life's routine for the purpose of rejuvenation, learning and experiencing.
- With the aim of maintaining the quiet and intimate atmosphere around the group, you are requested to avoid from receiving guests and visitors during the workshop. You may receive visitors only at the Lobby.
- There is no requirement to take part in all the activities - except for the opening ceremony and the morning check-in talks with Dr. Cousens.

*A Note regarding the fast:*

- You are requested to stay within the area of the Village throughout the retreat. Driving out or leaving the village area requires Doctor's approval. In case you leave for a few hours please let us know.
- At any case driving would be approved by the Dr., It would be limited to 15 min drive only.

## **2. Cancellation Policy & Fee :**

a. Cancelling your participation only by a phone call.

b. Cancellation Fees:

- From the registration day up to 30 days before the beginning of the workshop – 8% cancellation fee.
- Between 14 – 30 days before the beginning of the workshop - 16% cancellation fee..
- Between 7 - 14 days before the beginning of the workshop – 26% cancellation fee..
- Between 3 – 7 days before the beginning of the workshop - 50% cancellation fee..
- Less than 3 working-days before the beginning of the workshop – No refund.

If the workshop turns to be fully-booked, a reduction in the cancellation fee may be possible in the form of credit towards participation in future workshops. In all cases, any such credit or refund will be issued 90 days after the end of the workshop.

**The minimal 8% cancellation fee will not be returned under any circumstances.**

This registration procedure provides a proper management of our workshops. Registration for the workshop requires us to reserve a room at Almog Village and therefore we charge a gradual cancellation fee.

## **3. Medical and Professional Responsibility:**

The workshops are designed to bring about an improvement in the quality of life, to intensify vitality of life, and thus bring about an improvement in one's health. Taking part in a workshop does not constitute regulated and standard medical care in Israel and does not replace any other treatment you may be receiving. The workshops are directed by a qualified Doctor, (M.D. – U.S.A). One who chooses to participate in a workshop has a full responsibility on his own medical condition.

The Organizers are not responsible for any medical complications what so ever of the participant, whether they appear before, during or after the workshop. It is the participant's duty to report of any medical complication, side-effects or feeling of sickness before, during and after the workshop.

Your participation in the workshop is subject to a suitable medical condition. If you know of any medical limitation what so ever; active disease, any illness form the past, psychiatric illness, operations, hospitalisations, sensitivity to medication, allergies, blood-pressure problems, diabetes, and any kind of heart problems, you are asked to report on any such prior at the time of registration.

The workshops have a spiritual and self-development quality. If your behavior during the workshop should not meet the code of proper behavior, for example, your behavior towards the general staff or to other participants should not be respectful and would cause interference to the participants or staff, you will be warned and later may even be asked to leave the workshop, at any stage and without any refunds – (at the most exceptional cases).

The workshop's organizers reserve the right and their responsibility to maintain a pleasant and healthy group atmosphere throughout the whole time. Accordingly, we reserve the right to cancel or to postpone the participation of any person according to the organizing staff's discretion.

## **Concerning the Fasting Retreat**

In the nature of things, **during a Fast**, it is likely that there would occur a process of toxin release. In rare cases the release of toxins can find expression in a feeling of discomfort, heart-beat, flatulence, swollenness and uncomfortable feeling in the stomach, tiredness, vomiting, fainting, lack of sleep, constant urination, emotional changes of mood, muscle cramps, dryness of skin and eyes, and a specific healing crisis according to your state of health. The healing crisis is likely to continue, in individual cases, even after terminating the fast and as part of the healing process. In general, these symptoms - should they appear - dissipate towards the 6<sup>th</sup> day of the fast.

As in any medical process, one cannot know with any certainty what the particular results and effects of a fast will be on any one individually. One cannot promise with certainty to any specific person, recuperative results of any sort whatever. During the process of the fast the body passes through a re-organization so that the symptoms of healing or side-effects are individual for each person per the state of his body, his mental state and his medical history.

At the stage of ending the fast, it is possible that there will be constipation or a slower digestive capability than the usual, - for one week. Taking into account of what we have said above, - we provide through the process of ending the fast additives and nutritional guidance which will reduce and even negate those symptoms entirely. In rare cases those symptoms may continue for longer. In such circumstances, it is the workshop participant's responsibility to make contact with the organizers and consult them. Generally speaking, and from our rich experience, we are able to provide you with additives and means which will healthily reduce those symptoms.

Any person can safely fast for 7 days, except for those specific cases set out below. On the other hand, certain people belonging to the category known in the Indian Ayurveda medicine as Vata types, are likely to have relative difficulty in fasting, - more than other people. We have at our disposal unique means of supporting the process of a successful fast over 7 days.

**It is not possible to take the fast** if you suffer from malnutrition, under-weight or if you are pregnant or breast-feeding. To the degree that there is a medical limitation, it will be examined by the doctor directing the fast and your participation will be approved accordingly.

## **4. Declaration:**

Should any damage be caused, or any discomfort whatsoever, as a result of not passing on full information as to my state of health, I will be fully responsible therefor and neither I, nor any person on my behalf shall have any claim and/or complaint in that issue.

It is known to me that during my stay at Almog Spa Village I am insured as a guest staying there. All activity outside the area of the Village, i.e, nature walks in the desert, Dead Sea trips etc is on my own and total responsibility and I hereby release the workshop Organizers from any responsibility for such activities.

**It is known to me that I am expected to respect a code of proper and orderly behaviour** towards the staff and participants of the workshop and that behaviour unacceptable to the staff and organizers is likely even to cause the termination of my participation in the workshop and without any monetary refund.

I accept and agree to the registration procedure as appears on this document & the *registration info* document provided and to the terms of payment in the event of a cancellation of my participation in the workshop.

**Concerning the Fasting Retreat**

It is a free choice on my part to fast and I hereby take upon myself full responsibility for my condition. I'm fully aware of the possibility of a healing crisis, toxin release or post-fasting conditions under which my body will require more time than is usual to return to normal functioning.

It is known to me that participation in a fast does not constitute an alternative to medical treatment, medication nor psychological treatment. The doctor directing the fast is likely to recommend a temporary break from taking certain medicines that I am taking during the fast and for reasons of safety, - for example: insulin consumption or medications for high blood-pressure because of the influence of the fasting process on the blood-pressure and on the sugar level in the blood.

The workshop organizers do not recommend terminating any prior care, of any kind, unless in consultation with the attending doctor and with his written approval. Terminating prior medical attention without the written approval of the doctor attending me, or not complying with the instructions of the doctor attending me, will be on my own responsibility alone and of my own free choice.

It is known to me that there is particular importance to the process of termination a fast in the correct manner as it will be explained to me at the workshop. It is my duty and responsibility to take part in the instruction on how to conduct & terminate the fast that will be held for the group at the beginning & ending of the fast.

**I, the undersigned, declare that I have read all the above and that I agree to and take upon myself all the conditions and the rules detailed in this document (Pages 1 to 5).**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Passport no.:** \_\_\_\_\_

**Signature:** \_\_\_\_\_