

# THE EXPANDING LIGHT

ANANDA'S SPIRITUAL RETREAT FOR MEDITATION, YOGA & HEALTH

## Application for Spirit & Nature Backpacking Trip

**April 22-25**

Please fill out and send this form and questionnaire to us in one of the 3 ways listed below. All responses are confidential.

Mail

The Expanding Light  
Attn: Pranavati  
14618 Tyler Foote Rd  
Nevada City, CA 95959

Fax

530-478-7519

Email

pranavati@expandinglight.org

Name \_\_\_\_\_

Name you prefer to be called \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone: Home (\_\_\_\_\_) \_\_\_\_\_

Work (\_\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

# Questionnaire

1. Have you camped before?                      Backpacked?
2. Are you able to carry a backpack weighing 25 – 35 pounds for at least 4 miles, up and down hills?
3. Do you have, or can you borrow a backpacking tent, sleeping bag, pad, and backpack?
4. Do you have any dietary or food restrictions?
5. Do you have any allergies?
6. Please indicate any of the following that apply to you and explain relevant specifics:  
Back, neck, or joint problems  
Cardiovascular problems  
Diabetes  
Asthma  
Seizures  
Any other conditions we should know about?
7. Do you take any medications? Please list.