

THE EXPANDING LIGHT

ANANDA'S SPIRITUAL RETREAT FOR MEDITATION, YOGA & HEALTH

Application for With Beauty Before Me:

Hiking Zion National Park Trip

Oct 2-7

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: Sundara Traymar
14618 Tyler Foote Rd
Nevada City, CA 95959

Fax

530-478-7519

Email

sundara@expandinglight.org

Name _____

Name you prefer to be called _____

Address _____

Phone: Home (_____) _____

Work (_____) _____

Fax (_____) _____

Email _____

Questionnaire

1. Have you camped before?
2. Are you able to carry a day pack weighing 10 pounds for 6 - 8 miles, up and down hills?
3. Do you have, or can you borrow a tent, sleeping bag, pad, and day pack?
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.