

DLSA Sydney “Harmony In Life” Day Retreat 2016 Registration Form

Location: **Strathfield Girls High School**
Entry via Oxford Rd, Sydney NSW 2135
Look for DLSA Retreat Signage

Dates: Saturday 30th April & Sunday 1st May 2016

Overview: The retreat is open to all mature youth and adults at all stages of the spiritual journey. Beginners on the path are encouraged, as Q&A with Swamiji and senior practitioners is welcome.

Guest Speaker: H.H. Sri Swami Nirliptanandaji Maharaj
Vice President, The Divine Life Society HQ
Sivananda Ashram Rishikesh

Two Day Program:

Registration	9:00 AM	9:15 AM
Opening Prayers	9:15 AM	9:30 AM
Meditation	9:30 AM	9:45 AM
Yoga / Seniors “Chair” Yoga	9:45 AM	11:00 AM
H. H. Swami Nirliptanandaji’s Satsang / Talk Day 1 - Harmony - Yoga of Compassion and Practical Vairagya (Detachment) Day 2 - Pre-requisites & Implementation in Daily Living - The Voyage Homewards	11:00 AM	12:45 PM
Lunch	12:45 PM	2:15 PM
Nama sankirtan	2:15 PM	2:30 PM
Bhajans	2:30 PM	3:00 PM
Participants discussion	3:00 PM	3:15 PM
Afternoon Tea	3:15 PM	3:30 PM
H. H. Swami Nirliptanandaji’s Satsang / Talk Day 1 - The Cosmic Religion – Meditation and a Life of Compassion Day 2 - Q & A on any topic raised by devotees	3:30 PM	5:00 PM
Group Discussion	5:00 PM	5:15 PM
Closing Prayers	5:15 PM	5:30 PM

Cost: Morning tea, lunch and afternoon tea included. (May contain nuts, milk and other ingredients not be suitable for participants with allergies)
Participants with food allergies are humbly requested to self cater.
\$50 Single or part day
\$80 Two full or part days
SORRY, NO REFUNDS FOR NON PARTICIPATION

Help us help you! Financial assistance may be available on a case by case basis. Please note that there are limited funds for this & you may be required to actively assist with fundraising!

Pay by Cheque: Make cheques payable to ‘THE DIVINE LIFE SOCIETY OF AUSTRALIA INC’ and put your details on the back. Please attach firmly to registration form.

EFT: Account Name: *The Divine Life Society General Fund*
BSB No: 06 2212 **Account No:** 10319238
Ref/Description (18 characters only): “Retreat (your name)”.
Please note transaction details on your registration form.

Cash: Cash payments can be made directly to any DLSA Committee Member when you hand in your registration form

Requirements: Yoga – loose clothing and a yoga mat or sheet
Bhajans – bring along your favourite bhajan sheets and we’ll include it if time permits.

Participant DETAILS:

Name:.....Age:.....

Residential Address:

Telephone: Email:

I wish to participate in (please tick): General Yoga or Seniors' Chair Yoga

Allergies (if any):.....

Participants with food allergies are humbly requested to self cater.

Participant MEDICAL DETAILS:

Please detail any current medical conditions and treatment plans.

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EMERGENCY CONTACT:

Name:Phone:

Relationship:.....

Lodging: Since this is a day camp there will be no dinner, lodging or breakfast provided.

Indemnity – DLSA Sydney Day Retreat 2016 Participation and Recognition of Risk

Whilst all care will be taken to ensure the safety of ALL participants attending the retreat please note that the following is to be agreed to by a parent/guardian, if the participant is under 18 years of age, or by the participant if 18 years or over. I, the undersigned, am willing that I/my child should participate in DLSA Sydney Day Retreat 2016 to be held on Saturday 30th April & Sunday 1st May 2016. I understand the nature of the activities at the retreat will include, but may not be limited to yoga, physical activities, communal dining, and risks may arise during these activities. WAIVER & INDEMNITY & YOGA DONE AT APPLICANT'S OWN RISK In all cases the Applicant for him/herself, his/her executors, administrators, dependants & other personal representatives, absolves & indemnifies The Divine Life Society of Australia Inc. (hereafter referred to as DLSA), the Management Committee and volunteers (the "indemnified") from all liability howsoever arising for injury or damage (including but not limited to the Applicants' person however caused including by the negligence of the indemnified, arising out of or participating in the retreat or in connection with DLSA or in any way caused by, or arising out of, any activity carried on by the indemnified. Any person training yoga, or in activities connected with yoga or participating in any activity carried on by DLSA are only allowed to do so on the distinct understanding that they do so entirely at their own risk. I certify that the particulars given in the above sections are correct.

I consent to all materials, including but not limited to, images, illustrations, text, audio clips, video clips or any other multimedia presentation captured, recorded or taken during DLSA Sydney Day Retreat 2016 which shows, includes or has reference to myself being copied, reproduced, republished, uploaded, posted, transmitted, or distributed in any way for the bona fide purposes of The DLSA, either during DLSA Sydney Day Retreat 2016 or beyond, including for promotional or merchandising purposes. I/my child agrees to abide by the rules and guidelines of The Divine Life Society of Australia Inc. and to participate in all aspects of the program. I give permission for my personal details to be used to advise of other upcoming events. These details will be stored safely and will not be passed on to any other organisation.

SELF / PARENT / GUARDIAN SIGNATURE SIGNIFYING ACCEPTANCE OF ALL CONDITIONS THEREON:

Signature:

Date: