**Going Back to the Source YOGA &TERROIR (™) Dordogne Registration Form**

**Please return form to:**

**Amanda Dates**

**amanda@amandadatesyoga.com**

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

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

**Contact in the event of an emergency**

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

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_**

**Please estimate when you plan to arrive / leave:**

**Will you be arriving by train?  \_\_\_\_\_**

**Which station? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Will you be arriving by plane?**

**Flight # and arrival time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please list all injuries and health related concerns:**

**Food Preferences** (We will do our best to accommodate everyone!)

*If you eat anything, you can leave this section blank (add specific diet restrictions / allergies below)*

**I do NOT eat: (X or ✓)**

Nuts

Fish

Shellfish

Chicken

Red meat

Eggs

Cheese & Milk (cow, sheep, goat)

Wheat/Gluten

Sugar

**If you have any food allergies, please list:**

**Please add any additional comments about your food restrictions:**

We are delighted to share this experience with you.

If you need any assistance with transportation, please let us know!