



# Nourish & Rejuvenate Retreat

September 18 - 21, 2024

## Participant Information Form

Due September 9, 2024

Please provide the requested information. You can either fill in and save the form, then click on this mail link [teren@ptproperty.com](mailto:teren@ptproperty.com) to attach and send it to us electronically — or you can print the form and fill it in manually and mail to us at address in the form footer.

Name:

Email:

Phone:

Please answer the following questions:

What would you like to accomplish from the retreat?

What primary issues / health complaints /concerns do you have?

What food allergies or sensitivities do you have that we should be aware of?

Do you have any special needs we should be aware of and be prepared to accomodate?

Please provide a list of any medications and/or supplements you are taking. (We ask that you bring these with you for muscle testing.)

Doc Golob asks that you be free from recreational drugs and alcohol when you arrive for the retreat. Showing up clean and clear will yield the best results for you. He also requests that you not use perfumes during the retreat.

**Items to bring** — Please bring a water bottle and any items you prefer for personal option time (yoga mat, bicycle, art materials, sturdy shoes if engaging with horses, etc).