



REGISTRATION FORM

YESPLUS Winter Break December 26th, 2011 to January 2nd, 2012

YESPLUS Winter Sports, Skills Workshops and Refresher: Dec. 26-29

Art of Meditation Course. Dec. 27-29

YESPLUS Art of Silence: Dec. 29 - Jan. 2

THIS INFORMATION WILL BE KEPT CONFIDENTIAL

SUBMIT THIS FORM BY EMAIL OR FAX: yespluscanada@artofliving.ca – FAX: 819-532-2033

Name:		Course dates:	December 26, 2011 to January 2 nd , 2012					
Address:		City:						
Province/State:		Country:		Postal Code:				
Home Phone:		Mobile:		E-mail:				
Occupation:		Date of Birth: (dd/mm/yyyy)		Sex: <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td style="width: 50px;">Male:</td> <td style="width: 50px;"></td> </tr> <tr> <td>Female:</td> <td></td> </tr> </table>	Male:		Female:	
Male:								
Female:								
How did you find out about this course?								
Pre-requisite for the Winter Break 2011-12 Program: YES PLUS course								
Please List the most recent YES PLUS course that you have taken (Date, City, Province/State, Teacher)								
Please list any other meditation techniques or self-development courses or techniques you have done:								
If you have ever taught yoga, meditation or any other self-development programs, please explain:								

Health and Wellness Review	
<i>The following information will be kept confidential</i>	
Briefly describe your mental and physical health:	
Have you had any history of mental illness?	
If you are currently under the care of a physician, or psychiatrist, or have recently been hospitalized, please describe:	
Please list any long-standing health problems or recent health concerns	
Please indicate if you have any of the following:	<input type="checkbox"/> Asthma <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Heart Disease <input type="checkbox"/> Breathing Problems <input type="checkbox"/> Epilepsy <input type="checkbox"/> Pregnancy
Please describe in detail any medications you are taking:	

For Art of Meditation Participants only			
What is your present state of mind:	<input type="checkbox"/> Good <input type="checkbox"/> Worried <input type="checkbox"/> Under stress <input type="checkbox"/> Depressed		
Please Describe:			
Have you ever been under the care of a psychiatrist or any other psychotherapeutic program?			
Have you ever taken hallucinogenic drugs?		Other Drugs?	
What do you hope to gain from this meditation practice?			
Package Fees:	<p>A: Full 7-day Program: \$ 575 for the first 40 applicants (before Nov. 21st) (Dec. 26 eve. - Jan. 2) \$ 675 for remaining applicants</p> <p>B: Full 7-day Program + Art of Meditation: \$ 675 for the first 40 applicants (before Nov. 21st). \$ 775 for remaining applicants</p> <p>C: 3-day Winter Sports & Life Skills: \$ 250 (Dec. 26 eve. - 29)</p> <p>D: 3-day Winter Sports & Life Skills + Art of Meditation: \$ 350 (Dec. 26 eve. - 29)</p> <p>E: 4-day YESPLUS Art of Silence: \$ 375 for the first 40 applicants (before Nov. 21st) (Dec. 29-Jan. 2) \$ 475 for remaining applicants</p>		
Selected Package (A, B, C, D or E):		Fee:	\$
Transportation Fee: From/To Airport (Roundtrip \$80 , One-way \$40)			\$
Total:			\$
Payment type:	Online <input type="checkbox"/> <small>[Visit yesplus.ca/winterbreak to make your online payment]</small>	Credit Card <input type="checkbox"/> <small>[Manually processed at the International Art of Living Centre]</small>	
Credit Card	Visa <input type="checkbox"/>	Mastercard <input type="checkbox"/>	American Express <input type="checkbox"/>
Card Holder Name:			
Credit Card Number:		Exp Date:	MM - YY
<i>It is compulsory to attend all sessions of the course. Use of tape recorders is prohibited.</i>			
<p>Agreement: I understand that any benefits derived from the Winter Break Program courses depend upon the extent of my participation. I therefore accept full responsibility for the outcome and I willingly agree to follow all instructions and participate fully. I also agree that I will not disclose the content of this course to anyone. I further agree that I will not attempt to instruct others in any of the techniques used in the course until such time as I receive personal training from The Art of Living Foundation Teacher Training Program.</p> <p>The techniques taught in this course have been widely proven to be beneficial. Please check with your physician before starting. Yoga postures must be practiced with caution both in class and at home. Do not force yourself in postures you are not able or comfortable doing. The Art of Living Foundation and Art of Living teachers are not responsible or liable for any injuries or experiences that may occur as a result of the techniques taught in this course.</p> <p>Art of Meditation Agreement: I wish to learn the Art of Meditation Course technique to further my own personal development. I understand that I must attend all 3 sessions and that any benefits from this course depend upon the extent of my participation. I agree that all instruction in the Art of Meditation Course technique is for my own personal use and I agree that I will not directly or indirectly impart or disclose to anyone the mantra I receive or its instructed use. I further agree that I will not disclose, publish or in any way attempt to instruct or impart the Art of Meditation Course technique until such time as I have received personal training from Sri Sri Ravi Shankar.</p>			
Date:		Signature:	
Notes: Administrative use only			

Information

COURSE SCHEDULE:

PACKAGES A & B: begin on December 26th evening 6pm, and ends at noon on January 2nd.

PACKAGES C & D: begin on December 26th evening 6pm, and ends on Dec. 29 evening 9:30pm.

PACKAGES E: begins on December 29th evening 6pm, and ends at noon on January 2nd.

PAYMENT: payment is accepted only in the form of a **credit card**. All payments will be processed in Canadian dollars. **Registration and housing will be processed only when both the application and the payment have been received.**

CANCELLATION, REFUND & LATE REGISTRATION POLICY: If you have registered for a course but cannot attend, your written, faxed or emailed cancellation letter must be received 1 week in advance in order to issue a refund. **There is a 10% charge of the total course fee for all cancellations.**

TRANSPORTATION: Help us by booking your **departing flight from Montreal after 5pm** to allow for transit between the International Art of Living Centre and the Montreal Trudeau International Airport (formerly Dorval). We can only accommodate transportation within the times listed below. If you would like to arrive the day before, you can take the 10:30am Orleans Express from the Montreal Central Bus Station to Shawinigan and we will pick you up at 1:50pm. For more information, here is the bus schedule [Orleans Express](#).

Arrivals: Art of Living Shuttles will **leave Montreal-Trudeau Airport on course start date (Dec. 26 & 29) at 4 pm**. It is advisable to arrange for your flight to arrive at least 90 MINUTES BEFORE the scheduled departure of the shuttle. It is usually a minimum of one hour for international flights to clear immigration and customs.

If you are arriving by bus or train to Montreal, you will need to arrange your own transportation from the bus or train station to the airport to meet the shuttle. The shuttle leaves only from the airport and goes directly to the International Center. The shuttle back to the airport will only stop at the airport.

Departures: Art of Living Shuttles will **leave the International Art of Living Centre for Montreal-Trudeau Airport at 1 pm on the last day of the course (Jan. 2nd only)**

My Flight Details: (All arrivals / departures through Montreal Trudeau Airport)								
Arrival:	Date(dd/mm/yy)		Time		Airline		Flight#	
Departure	Date(dd/mm/yy)		Time		Airline		Flight#	
Will you have a car at the International Art of Living Centre?		Yes		No		License plate number:		
Do you require shuttle service from Trudeau International Airport?		Yes		No				

Please let us know your flight details and if you will need the Shuttle service.
This information will help us to book the right number of Shuttle Buses.
It is okay to send your application and then send your transportation information.

We will need your flight details at least one week before the course to insure a place on the shuttle.