

### **Background Information**

In order to best support your well-being and safety during the course, I ask that you answer the following questions. All information is strictly confidential and will only be read by the teacher. If you have any concerns, please write them on the form. The teacher will then have a confidential conversation with you before the course begins. Failure to answer a question will not affect your enrollment in the course. Thank you very much.

**Name and address**

**Occupation**

**Date of birth**

**Gender**

**Are you participating in the program with a person close to you (partner, relative, friend)?**  
If so, please provide their name(s):

**What is the reason for your interest in taking this course at this time?**  
(Please note that the course is designed primarily for personal development and growth.)

**Do you meditate regularly?** If so, in what form and for how long? Previous experience with meditation is not a requirement for participation in the program.

**Do you have experience with meditation retreats?** [ ☐ ] Yes [ ☐ ] No

**Do you have any physical conditions or limitations that might affect your participation in the program?** [ ☐ ] Yes [ ☐ ] No

If so, please provide details:

**Are there any circumstances in your life that are currently causing extraordinary stress and making it difficult for you to participate in the course** (e.g., recent loss of a loved one, job loss, addiction, fasting)?

**Are you currently receiving psychotherapy?** [ ☐ ] Yes [ ☐ ] No

If yes, is your therapist aware of your participation in this course? [ ☐ ] Yes [ ☐ ] No

In the unlikely event of a psychological emergency, may we contact your therapist(s)? If so, please provide contact information:

**Are you currently taking any psychiatric or other medications that may significantly affect your emotional state?** If so, please provide details.

**Is there anything else the teacher should know?**

*My participation in this program is voluntary. I may withdraw from the course at any time. In this case, the course fee will not be refunded.*

**Signature:**

**Date:**