Mastery of Self Program Registration Form

6 Month In-Residence Retreat
Ishana Retreat and Yoga Center Inc.

Start Date: ☐**February 1, 2007** ☐ **May 1, 2007**

First Name _____**Last Name**_____
(given name) *(family name)*

Address _____

_____

_____

Postal Code _____ **Country** _____

Phone (Home) _____(work)_____

E-Mail: _____

Date of Birth _____ ☐ **Male** ☐ **Female**

For Office Use Only

Date Rec'd _____

Conf. Sent _____

Dep. Rec'd _____

_____

Bal. Rec'd _____

_____

Special Dietary Needs:_____

Fees: **$19,500.00 CAD (includes room & board)** **Non-refundable Deposit: $2,000.00**
$18,396.23 + 6%GST ($1103.77) *GST# 87554 4702 RT0001*

Full payment is required 30 days prior to start of course.

Enclosed is: $ _____ Paid by: ☐Bank Draft ☐ Money Order ☐ Bank Wire
(Make payable to: Ishana Retreat and Yoga Center)

*** **Please note that once the course has begun no refunds will be issued.**

This is a time for inward journeying. In order to minimize external distractions and maximize personal growth, please make appropriate arrangements to have financial and personal business taken care of for the duration of the course.

The International Society of Ascension, Ishana Society of Ascension, and Ishana Retreat and Yoga Center programs are educational experiences and are not to be mistaken for medical or psychological counseling or treatment. The International Society of Ascension, Ishana Society of Ascension, Lori McCluskey, and Ishana Retreat and Yoga Center Inc. are not responsible for injury or loss arising in connection with program participation.

_____ _____
Signature Date

Ishana Retreat and Yoga Center Inc.
P.O. Box 429, Station Main
Salmon Arm, BC V1E 4N6
(250) 832-5088
www.ishana.org info@ishana.org

Mastery of the Self Course

Recommended Reading List

If possible read the following prior to coming to the course:

1. Bhagavad Gita by Maharishi Mahesh Yogi
2. Ascension by MSI
3. Enlightenment by MSI
4. 1st Thunder by MSI
5. 2nd Thunder by MSI
6. 3rd Thunder by MSI
7. Autobiography of a Yogi by Paramahansa Yogananda
8. Course in Miracles (Text Only)

Bring your personal copies of Ascension and Enlightenment with you to the course. Copies of these two can be purchased at the Center if you don't have one.

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General Agenda

7:00 am	Yoga stretches
8:00 am	Breakfast (Fruit)
9:00 am	Ascending
4:00 pm	Yoga stretches
6:00 pm	Dinner
7:30 pm	Evening Meeting

What to Bring

- Loose, comfortable clothing
- Toiletries
- Notebook, pen
- Swimsuit (summer)
- Shoes (walking and/or runners, sandals or slippers for in-house)
- Favorite blanket, pillow (optional)
- Flashlight
- Yoga Mat if you have one
- Towel
- Money for personal items and the occasional group outing(approx. $100/month)
- THINK COMFORT!!!!

Please leave personal stereo equipment (including Walkmans), video games, and computers at home.

Meals

The meals provided as part of your tuition are as follows:
Breakfast is a selection of cereals, bread and fruit. We do not provide lunch but fruit and vegetables are available for snacks throughout the day. Dinner is generally vegetarian consisting of bread, grains and vegetables. There will be chicken or fish at least twice during your stay. If you have any other dietary needs you will want to bring extra money so you can purchase the necessary items. Ishana Retreat has a very set food program. We will happily accommodate people as best we can within that structure.

Facilities

- 4 to 8 people per room
- Bunk beds with linen provided
- Wheelchair accessible

Getting To Salmon Arm

- By car: call for directions
- By air: Air Canada and West Jet, provide service from within Canada and Horizon Air provides regular service from the U.S. into the Kelowna and Kamloops Airports. West Jet does not provide service to the Kamloops Airport.
- By bus: Greyhound Bus Lines
- No train transportation is available into Salmon Arm.

If arriving by bus or air we will pick you up from the bus depot/airport.

It is strongly advised to obtain travel insurance for the duration of your stay.

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