

Retreat Participant Questionnaire

The purpose of this questionnaire is to tailor our workshop to meet your needs and spiritual talents. Thanks for taking a few minutes to answer a these questions.

Name _____ Date _____

Cell phone number _____

Email address _____

1) On a scale from 1-5, where #1 is extremely interesting (the reason I'm coming to this workshop) and #5 is not interesting to you (I couldn't care less), please rate each of the following topics:

(They can all be #1!)

- Learn how to talk to loved ones.
- Connect with and/or deepen your connection with your spirit guides.
- Learn how to read other people's auras.
- Learn how to access your intuition.
- Learn how to help others through your intuitive skills as a medium.
- Personal growth through Shamanic Breathwork™.
- Visit Volcano National Park and doing a meditation while there.
- Visit the Big Island of Hawaii.
- Hang out with some cool, like-minded people.

2) Please rate your level of training with connecting to the dead # _____

- 1. beginner - no training
- 2. intermediate - some training
- 3. advanced - lots of training
- 4. professional - I do this for a living

3) Please describe an experience you've had with the Spirit World.

- 4) How would you describe your level of intuition? _____
(low, moderate, high)
- 5) How often do you spend time in meditation/prayer? _____
(daily, a few times a week, weekly, 1-2 times a month, rarely, never)
- 6) Do you have special dietary needs and what are they? (gf, vegan, vegetarian, pescatarian, low salt, sugar-free)
yes____ no_____ _____
- 7) Which # best describes your level of physical activity _____
 1. couch potato (none - prefer more sedentary activities)
 2. walk 1-2 times a week for 1-2 miles each time (mild - this might include a weekly game of pickleball or swimming instead of walking)
 3. walk 3-5 times a week for over 2 miles each time (moderate activity)
 4. some form of physical activity 5-7 times a week (woohoo! Health professionals recommend 30 minutes, 7 days a week.)
- 8) Are you interested in sharing lodging expenses and/or transportation costs with another participant?
yes____ no_____ male/female/doesn't matter _____
- 9) Please tell us a little about why you want to come to this training.
- _____
- _____
- _____
- _____
- _____
- _____

Thank you.

Looking forward to seeing you in December!

