

Wellness and lifestyle landscape:

1. Blood Pressure / Sugar level:
2. Exercise type if applicable:
3. Sleep: average hrs/night:
4. Stress: level: L M H Explain:
5. What draws you to cross cultural experiences?
6. Special needs you would like us to know:
7. Prior experience in sweat lodge or other indigenous ceremony:
8. Specific Healing request(s):
9. Interest in assisting with retreat (chopping wood, kitchen assistance, running errands, assisting facilitators):
10. Narrative (how do you learn? what would you like for us to know about you?):
11. How open are you to exploring yourself top to bottom?

