

**Food, Wellness, lifestyle landscape: Name:**

**Date:**

Diet:

**Breakfast** has consistently been or typically is:

**Lunch:** typically:

**Dinners:** typically:

1. **Snacks:**

**Physical landscape:**

1. BP:        / wt:

2. Exercise type:

Frequency:    X per week

3. Sleep: average        hrs/night.

4. Stress: level: L M H Explain:

Other Therapy (massage, chiropractic, naturopathic, acupuncture, previous psychotherapy, workshops):

1.

2.

3.

Medications:

1.

2.

3.

4. Supplements:

Relationship Status: married, committed partner, lover, n/a at this time.

What are you wanting/excited to learn about yourself in this type of retreat experience?

What scares you?

What comforts you?

How open are you to exploring yourself top to bottom?

Narrative (how do you learn? what would you like for facilitator(s) to know about you?):

What would you like to know more about facilitators, if anything?

Your experience with ecstatic dance, related movement, meditation, group therapy settings?