

Release & Renew™ Participant Information Packet

Complete and return to: The Center for Well Being
7107 Buccaneer Trl.
Austin, TX 78729
512-249-5683
Or by email to:
kate@thecenterforwellbeing.com

Name _____ DOB _____ R&R Date _____

Email _____ Home # _____ Cell # _____

Emergency Contact _____ Phone # _____

With respect to the participants in the R&R™ Program, all information given in this Participant Information Packet is confidential.

Please complete the following information:

Are you interested in carpooling to the retreat location? _____

Please note any dietary preference: None ___ Vegetarian ___ Vegan ___

Can you eat (Y/N): Fish ___ Chicken ___ Turkey ___ Pork ___ Eggs ___ Dairy ___ Wheat ___

Do you have any food allergies? ___ If so, please specify: _____

Do you have any physical disabilities? ___ If so, please specify: _____

Are you presently taking any medication? ___ If so, please specify: _____

Are you currently under a doctor's care for physical, mental, or emotional illness? ___
If so, please explain _____

Preferred physician: _____ Phone _____

Preferred hospital: _____ Address: _____

Insurance Carrier: _____ Phone: _____

To facilitate the process effectively and assist you on your journey within, please write the *first thought* answers that come to mind as you read the following questions.

What was the most significant determining factor in your decision to participate in the R&R™ program?

List two things you like about yourself and/or your life.

1. _____

2. _____

List two things you would like to change about yourself and/or your life.

1. _____

2. _____

What is the greatest obstacle preventing you from having those things now?

What patterns of behaviors or habitual cycles do you find yourself repeating the most in your life and/or your relationships?

What is the earliest age you can remember this pattern(s) occurring?

Describe your over-all feeling at that age. i.e. did you feel generally happy, loved, afraid, angry, lonely, etc.?

Do you feel that way today? _____ If not, how do you feel now?
