**THE YOGA FOREST – LUNAR YOGA IMMERSION APPLICATION**

Thank you for expressing interest in The Yoga Forest. We're excited to hear from you! The Yoga Forest is a young Eco community, in the process of evolving social, ecological and economic structures. Together, with the help of work stayers and a crew of local Mayans, many beautiful things have been created here and there is still much to be done.

We love to connect with mutually supportive souls and to expand the evolution of humanity toward a communitarian way of life, a way of life that harmonizes nature with spirit.

We practice voluntary simplicity and conditions here are rustic: shared cabaña spaces/ outdoor camping, outdoor showers and outdoor latrine toilet. We operate on a simple solar electricity system, and therefore ask you to leave your devices at home. We have a simple internet facility for our community using our office laptop and ask that you minimize use and time to 20 minutes. We highly recommend that you disconnect entirely during your stay in order to connect to the inner wisdom that lies within you.

Cooking is done on both fire and gas stoves and we operate without refrigeration.

We offer twice daily yoga classes Monday to Saturday and Permaculture workshops Monday to Friday. Yoga Wisdom classes are offered Monday to Friday especially for our Lunar Yogis and community members. Once a week we work with a local community garden and Lunar Yogis are invited to join our Permaculture Interns if they wish. Sundays are rest days for everyone and we encourage you to explore the beauty of Lake Atitlan and its surrounds. We also host workshops and events for outside facilitators that we invite you to be a part of and Lunar yogis are usually offered a discount on workshop prices.

We are excited to invite people to join us and to support us in co-creating a living and learning environment focused on the development of individual and collective consciousness. We are inviting people with the time and the desire to share and to learn: teachers and students, builders and gardeners, coordinators and communicators, organizers and artists, facilitators and celebrators.

Following you will find a Lunar Yoga Immersion application. It is designed to let us know more about you, your experience, and your particular interests, desires and expectations, and your suitability to join our community.

Feel free to be yourself. Drop the thinking mind, and just let your response roll out. We look forward to hearing about you.

**THE YOGA FOREST LUNAR YOGA IMMERSION APPLICATION**

Welcome to the Lunar Yoga Immersion application process at The Yoga Forest. We simply want to get to know you a bit better and open up a conversation so that we can decide together if there is a high possibility that we are good fit.

*Basic info:*

Name: Age:

Native language & county of origin:

Do you speak English and/or Spanish?

For which new moon lunar cycle would you like to come?

*Please choose either to respond to the following questions individually or to write*

*100 -250 words addressing the topics raised in the questions*

Please describe your experience of yoga…

When did you begin practicing yoga? And how consistent is your practice?

What are your gifts and how do you anticipate using them to contribute?

What are you most interested in learning and exploring?

Why are you interested in a Lunar Yoga Intesive at The Yoga Forest?

What are your expectations and what do you hope to get out of your stay here?

What are your personal strengths and challenges?

What challenges do you expect to face living in community?

What is your level of overall health and physical fitness? Do you have any injuries, illness etc.?

What is your relationship to alcohol, tobacco, and other mind-altering substances?

Do you follow a specific diet and/or have diet restrictions?

How do you choose to take care of your body, your mind and your soul?

Are you considering living long term in an intentional community such as The Yoga Forest?

What do you hope The Yoga Forest will offer now and in the future?

How did you hear about us?

Describe your experience of:

• Living in community

• Living in nature and off the grid

• Cooking for small or large groups

• Conflict resolution

• Spiritual practice

• Holistic healing

• Leadership and teambuilding

**Further Details about the Lunar Yoga Immersion Program**

We hope that sharing this information with you in writing will help us to be clear and make things go a little smoother.

**Arrival and Length of Stay**

• Refer to our website for directions.

• Lunar Yoga Immersion Programs are made for one complete lunar cycle at a time. Lunar yogis/ yoginis can arrive on the NEW MOON only. Please be sure to arrive in the day time to be present for our evening New Moon Ceremony. If you wish to arrive a day or so earlier please check availability by emailing [info@theyogaforest.org](mailto:info@theyogaforest.org). For any days prior to commencing your yoga intensive please expect to pay retreat guest prices. After your yoga intensive is complete, If you want to stay longer and don’t have another lunar cycle to commit, you are welcome to stay as a retreat guest.

**Payment:**

• The cost of a Lunar Yoga Immersion is US$975 staying in shared cabañas or $745 camping bringing your own gear for one lunar cycle. A US$200 non-refundable deposit is required to secure your place in our Lunar Immersion program. Please make the payment via Paypal to [hayley@theyogaforest.org](mailto:hayley@theyogaforest.org). Without a deposit made, your place in our program is not secure. This deposit holds both parties agreeing to the program accountable.

• Please arrive with your remaining contribution in cash (US$ or Q). You are responsible for finalizing your payment on the day of your arrival. Please be aware that there are no ATM’s in our town, the closest ATM’s are located in Panajachel and San Pedro. If you would like to pay for you entire yoga intensive in advance, please email [info@theyogaforest.org](mailto:info@theyogaforest.org) for payment options.

• We do not take responsibility for unforeseen circumstances such as illness, travel delays etc, Once your deposit is received, we are holding a place for you in our Lunar Yoga Intensive Program and refunds will not be offered.

• In the event of bad or illegal conduct or irresponsibility, you may be asked to leave and will not be refunded your deposit.

**Accommodation:**

• Please keep in mind that The Yoga Forest is a place for people who are comfortable with rustic and simple lifestyle and enjoy living close to nature. Please read the accommodation page for

more information. Please be aware that retreat guests will be prioritized during retreat times, and all teachers, interns/ work stayers and lunar yogis/ yoginis will be ask to sleep in the Yoga Shala loft or asked to camp if a retreat is full.

• Please bring your own towel and organic soaps/ shampoos.

• A list of other items that are often useful here is available at the bottom of our FAQ page.

**Lunar Yogi/ Yogini Accountability**

• As an lunar yogi/ yogini, you agree to certain responsibilities. We may take time out, occasionally, to review how we work, live, and play together. Please be aware there is a possibility for a change in the relationship between Yoga Teachers and The Yoga Forest.

• Lunar yogis/ yoginis are asked to participate in communal contributions (karma yoga) to sustain the everyday needs of the community, such as watering the garden and helping to prepare and cleanup after communal meals.