4.4.

4.4.

4.4.

Arrival date:

Departure date:

4.4.

Family Name: First Name:

Address: Sex: m ❑ f ❑ other ❑

 Year of birth:

 Nationality:

Email: Phone:

Profession Language: g ❑ e ❑ f ❑ t ❑

Previous stays at Dhammapala (when?): Do you have previous meditation experience?

Is there anything that we need to know about your physical or mental health that could affect your stay at Dhammapala monastery?

**Emergencies:**

Whom to contact (relationship, name, place and phone):

If you currently take medication for a physical or psychological condition, please list them here: