



Total Wellness Reboot: Tapping & Affirmation-Based Fitness for a Fresh Start
Jessica Ortner and Erin Stutland
May 5-7, 2017

Faculty Letter & Questionnaire

Dear Student,

We are thrilled to spend the weekend with you during the Total Wellness Reboot. To help cater the program to best support you please answer the questions below:

Please let us know if you exercise on a regular basis and if so, how much?

Do you have any injuries that we should be aware of?

While Erin will be adjusting the movement to the groups' needs, if you plan on joining us for the workouts, please bring sneakers and workout clothes each day.

Have you used EFT / Tapping in the past?

What are the top two reasons you decided to sign up for this experience?

Thank you for joining us at Omega. This experience will be filled with joy, breakthroughs, relaxation and movement for a total wellness reboot!

Jessica and Erin

Name: _____

Email: _____

Please complete and return to: Omega Institute for Holistic Studies, Attn: Registration Dept.,
150 Lake Drive, Rhinebeck, NY 12572-3252, or scan and email to
classapplications@eOmega.org.

Awakening the Best in the Human Spirit