**Outdoor Mindful Hiking**

**at Washington State Park – De Soto**

**Saturday, May 20, 2017**

**Name & Age ( You may sign-in more than 1 person)**

**Do you need a carpool? (\*We have very limited space for carpool from Pure Mind Center.)**

**Would you like to provide a carpool service for other people?**

**Will you join lunch at near by restaurant after the hiking program?**

**Medical Condition** (This activity involve outdoor walking, climbing, etc. activities. We request the following information to help us determine whether or not for your participation in this event. If you have had serious back, knee or leg problem, symptoms of headache, dizziness, palpitation, or shortness of breath, high or low blood pressure, heart problem, major surgery, allergy, infectious disease, or if you have been treated for serious psychological symptoms, please briefly state each problem and the current condition.)

**Remarks**

By signing below, I agree to relieve Dharma Drum Mountain Buddhist Association- St Louis and Pure Mind Center from all liabilities in the event of any injury or illness incurred while I am on this event.

**Signature (Please type you name)**