

2020 The Altitude & Awe Yoga Retreat w/ cat alip-douglas & phil douglas "Little Tibet" LADAKH, INDIA

The dates: Monday, 24th – Monday, 31st August 2020 (8 days/7 nights)

The cost: £1400 per person or current exchange equivalent to amount in sterling (based on double occupancy/shared twin or double bed).

Full payment, due: **24th APRIL 2020 (4 months before)**.

If you wish to discuss a payment plan during these allocated dates, email me.

THE SUPER EARLY BIRD DISCOUNT: £1200 if PAID IN FULL by 24th DECEMBER 2019.

First come first served – limited availability.

The deposit: £600 due asap to hold a space. Deposits are refundable up to 24th December 2019; however, a 20% admin fee will be deducted and made as a donation to a local charity in Ladakh.

The payment methods: Cash, bank transfers and paypal.me/catalipdouglas (or cat@sangyeyoga.com) **All fees to be absorbed by sender.**

Catherine Alip-Douglas

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The Details (what's included in tuition):

* **first 4 nights** shared accommodation (2 persons per room) at **NIMMU HOUSE**

<https://ladakh.nimmu-house.com/en/hotel/house>

Nimmu House is a Glamping and Heritage eco-resort situated at 45 minutes from Leh, Ladakh.

Nestled at 3100m of altitude it is the ideal location to start or end a trek, explore the traditional villages and monasteries of the region, or simply disconnect and recharge your batteries. The hotel combines with perfection tradition with nature and modern comfort.

* **last 3 nights** shared accommodation at **THE GRAND DRAGON LADAKH**

<http://www.thegranddragonladakh.com/>

Established in the year 2007, The Grand Dragon Ladakh, one of the first luxury hotels in Ladakh, is owned and operated by the Abdu family from Leh, who have more than 40 years of experience welcoming visitors to the beautiful region. It is decorated magnificently with handmade paintings by Gulam Mustafa (First modern Artist of Ladakh) around every corner, and fixtures that are reminiscent of royalty. The hotel is also centrally heated and solar powered, not only ensuring warmth but also ensuring that all our services are eco-friendly. The attention to detail offered by the associates, coupled with the magnificent views, will guarantee you take back home sweet memories.

* **meals:** vegan breakfast & dinner (nimmu house); breakfast only (the grand dragon ladakh) – closer to leh where there are dining options

* **yoga class and/or philosophy teachings** will be based on altitude acclimatisation of the group.

* **2-3 group excursions** – to be confirmed (itinerary finalised a month before)

sample: confluence of the indus and zanskar rivers, thiksey, alchi and likir monasteries

* only transfer between nimmu house and the grand dragon hotel

* these locations always draws just the right balance of inspired & inspiring humans

please note: this retreat will emphasise the experience and breath taking beauty of ladakh more than the usual yoga practice due to the effects of being at a higher elevation. rest assured, "great heights" will be reached!

NOTE: FLIGHTS, VISA, TRANSFERS TO/FROM AIRPORT, ADDITIONAL MEALS, ADDITIONAL EXCURSIONS, TIPS AND TRAVEL INSURANCE ARE **NOT INCLUDED**. Travel insurance HIGHLY recommended for unforeseen occurrences.

The Schedule: Arrival time/check in is Monday, 24th August at 10-10:30am and departure/end of retreat is on Monday 31st August 2020 at 9am. A detailed itinerary will be emailed to all participants one month prior to the retreat.

The Reservation: How to book in? Complete this form and return it with required deposit/full payment. Reservations will be based on a first come first served policy. LIMITED AVAILABILITY – DEFINITELY ACT FAST.

The Booking Form: (please complete IN CAPS)

Name:.....

Address:

Mobile Phone:E-Mail:

Amount/method of payment enclosed:

Rooming requests: (Please specify name of person).....

Emergency Contact:Phone:.....

(FLIGHT DETAILS CAN BE EMAILED AT A LATER DATE)

Arrival date/time/flight #

Departure date/time/flight #.....

The Fine Print (PLEASE READ CAREFULLY): A £600 deposit is required to reserve your space. Full payment is required to confirm the reservation **no later than 24th April 2020, if not paid by 24th December for early bird**. Deposits are refundable up to 24th December 2019; however, a 20% admin fee will be deducted and made as a donation to a local charity. **ANY CANCELATIONS AFTER 24th APRIL 2020 ARE SUBJECT TO FORFEITURE OF FULL PAYMENT.**

"I have read the above and understand the information pertaining to this retreat. I am aware that I must be covered by my own travel insurance appropriate to the activity in order to participate in this yoga retreat and do not hold Catherine Alip-Douglas and Phil Douglas responsible. Any cancellations or changes on my behalf must be made *in writing* to the attention of Catherine Alip-Douglas within a reasonable period of time."

Signature **Date.....**

RETURN VIA EMAIL WITH ELECTRONIC SIGNATURE. PLEASE DO NOT PRINT.

cat@catalipdouglas.com

