

2019 HOKKAIDO (Niseko), JAPAN: snow & yoga retreat with cat alip-douglas & phil douglas

PLEASE READ CAREFULLY. IF AGREEABLE, SIGN & RETURN WITH DEPOSIT/FULL PAYMENT.

The dates: Friday, 22 February – Thursday, 28 February 2019 (7days/6 nights)

The cost: £1100 EARLY BIRD – **FULL PAYMENT MUST BE RECEIVED BY 22 AUGUST 2018.**

£1300 AFTER THAT DATE AND IF SPACE IS STILL AVAILABLE.

The price is per person in GBP or current exchange rate equivalent to amount in sterling (based on double occupancy/shared room either twin beds or double bed).

The deposits/payment schedule 2018:

asap - £400 to reserve place

22nd august - £400 to continue hold OR pay full amount (£700) for early bird rate of £1100.

22nd november - £500 to complete balance **NO REFUNDS AFTER THIS DATE.**

A 10% administration fee will be deducted for all refunds requested.

The payment methods: cash, cheque, bank transfers or paypal (sender absorbs all fees)

cheques in £/sterling made out to: Catherine Alip-Douglas

paypal.me/catalipdouglas

THE BANK TRANSFER INFORMATION:

Catherine Alip-Douglas

TSB – Bayswater Branch, 30-32 Westbourne Grove

sort code: 309059, account number:14231860, Swift/BIC code: LOYDGB21341,

IBAN: GB50 LOYD 3090 5914 2318 60

PLEASE NOTE: ALL TRANSFER FEES TO BE ABSORBED BY SENDER.

The Details:

* 7 days and 6 nights shared accommodation (2 persons per room) at The Orchards. there will be 10-12 people sharing a house and common areas. all rooms have en-suite bathroom.

"True to its name, **Sankei** boasts three stunning views from its open plan upstairs living area. With five bedrooms, each equipped with an ensuite bathroom, and available additional sofa bedding, this property comfortably sleeps parties up to twelve. The large balcony space means even a full house can enjoy the outdoors together in the summer."

* 2 workshops & 2 open classes organized in conjunction with annual Niseko yoga offering

* The Orchards shuttle service & concierge

* an onsen (hot spring) visit

* meal included with retreat: welcome dinner upon arrival (Friday 22 February) & simple breakfast provisions (fruits, cereals, fresh bread, tea, coffee) for the first 2 days. there are large supermarkets within driving distance/shuttle service so that you can purchase what you prefer and prepare food in the kitchen or go out to eat...whatever suits your budget and dietary requirements.

* FLIGHTS, TRANSFERS, TRAVEL INSURANCE, RENTALS, LIFT PASS AND OTHER MEALS ARE **NOT INCLUDED.**

* we can make recommendations for rentals, etc, closer to the time, which can be booked directly to ensure that it meets your requirements and is ready upon your arrival

For description/photos of houses and rooms, please visit The Orchard's website.

<http://mnkniseko.com/orchardsproperty/sankei>

The Schedule: the check in is on Friday, 22nd and check out on Thursday 28th. The arrival day is to get settled and rest. There will be a welcome dinner that evening around 7pm. The first class will be on Saturday afternoon the 27th of February and the last class on Wednesday afternoon. There will be a full day off to maximize snow play day! Thursday morning reserved for leisurely check out, good bye's and travel to airport/next destination. Detailed schedule available month prior. If you wish to stay longer or arrive earlier, I can enquire about airbnb/apartment/hotel options and get back to you with some suggestions. Please plan ahead. Everything gets booked in advance and way early.

The Reservation: How to book in? Complete this form and return it with the initial £400 deposit and/or full payment. Reservations will be based on a first come first served policy. Any questions? cat@catalipdouglas.com phil@sangyeyoga.com

The Booking Form: (please print)

Name:

Address:

Mobile: E-Mail:

Amount/method of payment enclosed:

Rooming requests: (Please specify name of person, if applicable):

Emergency Contact:..... Phone:.....

Arrival and departure info:.....

The Fine Print (PLEASE READ CAREFULLY): A £400 deposit is required to book in asap. The second deposit of an additional £400 to continue space hold OR full payment (to qualify for EARLY BIRD) is due BY 22 AUGUST. **After that date, the price increases by £200 and full amount due by 22 November to secure your space. THE 1st DEPOSIT IS NOT REFUNDABLE AFTER 22 NOVEMBER AND CANCELATIONS AFTER THIS DATE ARE SUBJECT TO FORFEITURE OF FULL PAYMENT.**

If I cancel or significantly alter an important element of the retreat, I will offer a full or partial refund of the tuition. However, please note flight expenses will not be covered. Please bring a mat and props that you will need for practice.

"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 your behalf must be made *in writing* to the attention of Catherine Alip-Douglas within a reasonable period of time and may result in a forfeiture of deposit/payment."

Signature **Date.....**