

2019 MORGAN'S ROCK/SAN JUAN DEL SUR, NICARAGUA Yoga Retreat w/ CAT & PHIL
PLEASE READ CAREFULLY...SIGN, IF AGREEABLE TO TERMS & CONDITIONS. TO RESERVE YOUR SPACE, THIS MUST BE RETURNED WITH DEPOSIT/FULL PAYMENT.

EVERYTHING about this space is sublime...the people, the creative kitchen, the yoga space and the jungle surroundings YET superb modern rooms! Everyone who attended in 2017 wanted to stay on the property because it was truly conducive to relaxing and being with nature while having amenities that don't feel like you're camping, even better than "glamping":). We honestly can't do it justice with mere words...you will have to experience how special this place is for yourself.

The dates: Sunday, 10th November – Friday, 15th November 2019 (6 days/5 nights)

The cost: £1275 per person or current exchange equivalent to amount in sterling (based on double occupancy/shared ocean view bungalow – note: ALL rooms have a large bed and a double day bed). The rooming situation is ideal for very good friends who don't mind sharing a massive/deluxe bed or a couple; the rooms do have a double day bed so those wanting to attend on their own can be certainly be paired but be advised you'll have to swap beds mid week...or something like that. **Single room supplement** (based on availability) is £600.

The date for full payment, if not taking advantage of early bird pricing is due: 10th MAY 2019 (6 months before)/ABSOLUTELY NO REFUNDS AFTER THIS DATE.

THE EARLY BIRD DISCOUNT: £1075 if PAID IN FULL by 31st DECEMBER 2018.

First come first served because the resort gets fully booked in advance for this time of year. After this date, we can't guarantee that there will be availability because the rooms held for our group will be released as Morgan's Rock needs them.

The deposit: £500 due asap to hold a space (add £300 deposit if requesting a SINGLE ROOM - 50% of single supplement). There is very limited availability of single rooms. Deposits are refundable up to 31st December 2018; however, a 20% admin fee will be deducted and made as a donation to a local charity in Nicaragua.

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

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

The Details (what's included in tuition):

* 5 nights shared accommodation (2 persons per room) at MORGAN'S ROCK HACIENDA <http://www.morgansrock.com/>

* meals: welcome dinner on arrival day & daily vegan brunch after class

* 2.5-3 hour yoga class daily with both teachers

* private beach with unlimited use of boogie, paddle, surf boards and kayaks as well as mountain bikes

* yoga mats and props available to borrow

* good company and plenty of time to relax!:)

NOTE: FLIGHTS, VISA, TRANSFERS TO/FROM RESORT, OTHER MEALS, EXCURSIONS AND TRAVEL INSURANCE ARE **NOT INCLUDED**.

The Accommodation: Each Ocean View bungalow includes a comfortable terrace where guests might enjoy a morning coffee, a glass of wine with the sunset, or a well-deserved nap on the swing-bed while soaking in stunning views and unparalleled wildlife. Do visit their website for more information and photos. <http://www.morgansrock.com/ocean-view-bungalows/>

The Schedule: Check in is on Sunday, 10th November at 2pm and check out on Friday 15th November 2019 at 11am. 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. Who to contact? cat@catalipdouglas.com

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 £500 deposit (+£300 if requesting a single room) is required to reserve your space. Full payment is required to confirm the reservation **no later than 10th May 2019, if not paid by 31st December for early bird**. Deposits are refundable up to 31st December 2018; however, a 20% admin fee will be deducted and made as a donation to a local charity in Nicaragua. **ANY CANCELATIONS AFTER 10th MAY 2019 ARE SUBJECT TO FORFEITURE OF FULL PAYMENT.** If we cancel or significantly alter an important element of the retreat, we will offer a full or partial refund of the tuition. However, please note flight expenses will not be covered. Students are solely responsible for visa requirements.

“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.....**

