



**CAT ALIP-DOUGLAS & PHIL DOUGLAS  
BUEN KARMA YOGA RETREAT  
NICARAGUA**

Yoga and Meditation Retreat with Cat Alip-Douglas & Phil Douglas

November 6-11, 2017 (6 days 5 nights)

Morgan's Rock Resort, Nicaragua

Morgan's Rock Website: <http://www.morgansrock.com/gallery/>

Buen Karma Yoga Website: <https://www.facebook.com/buenkarma/>

Thank you for signing up for this retreat! Please complete pages 1 & 2, sign it last page and email to [ximena@buenkarma.net](mailto:ximena@buenkarma.net)

Accommodations and rates are listed on pages 4-5

**GUEST #1**

FIRST AND LAST NAME:

EMAIL ADDRESS:

ADDRESS:

PHONE NUMBER:

EMERGENCY NUMBER:

DIETARY RESTRICTIONS:

TYPE OF ACCOMMODATION:

A non-refundable deposit of \$500.00 USD per guest is required to hold your space for this retreat.

**Dirección:** Kilómetro 8.5 carretera a Masaya, entrada camino Nuevo a Santo Domingo (Boutique Estrella) 200 metros al sur, casa # 6 Managua. **Teléfono:** (505) 7716-3919



### OUR package INCLUDES:

Coordination of your trip (a local person will help you to coordinate local transportation to the Ecolodge and help you out to sort out most of your trip questions regarding in site and off site activities during your trip)

Lodging for 6 days and 5 nights at Morgans Rock Hacienda & Ecolodge

Welcoming Vegan dinner

Daily Tea, Coffee, natural juices for breakfast before class

Daily Vegan Brunch

All classes

Complementary In site Ecolodge activities such kayaking, hiking, visiting local farm.

### OUR package DOES NOT INCLUDES:

Air ticket

Tourists entry taxes

Travel insurance

Transportation to the Ecolodge

Additional meals

In site Ecolodge activities such a surfing, horse riding, hiking activities, you can find more information here:

<http://www.morgansrock.com/onsite-experience/>

Off site Ecolodge activities.

Experiences for you to get in love with Nicaragua! Islands, volcanoes, colonial cities, canopy and rappelling are just waiting for you to start the adventure.

<http://www.morgansrock.com/off-site-experience/>

<https://www.lonelyplanet.com/nicaragua>

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**Please make transfer to:**

Ximena A Gutierrez

Bank Name:

CITIBANK F.S.B

Bank Address:

1775 Pennsylvania Ave NW

Washington, DC, United States

20006

Bank account

62960237

ABA No.

254070116

ABA NY (possible needed)

021000089

SWIFT CITI US

Or let us know if you prefer us to send a PAYPAL INVOICE via e mail. (you can pay with your credit card) PAYPAL TO ximena@buenkarma.net

In the event of cancellation (per person):

- 60 days or more prior to the retreat: \$500.00 USD cancellation fee. Your remaining balance will be refunded.
- 59-30 days prior to the retreat: Less your \$500.00 USD deposits, your remaining balance will be refunded
- 29 days or less prior to the retreat: Forfeit all retreat money rendered.

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### Rates for Accommodations (5 nights)

#### Ocean View Bungalow,

Our bungalows were designed to make guests feel at one with nature while creating minimal impact on the surrounding environment. Each three-sided Ocean View bungalow is perched on a cliff 30-100 feet over the private beach and cove, just across a 50 yard jungle suspension bridge. Set into the treetops, each bungalow accommodates up to five people. Outside on the balcony is a special feature - a queen size day bed suspended by thick marine rope, reminding guests of the casual luxury they've come to experience and setting an appropriately relaxed pace for duration of their stay here at the hacienda. For shared option we have a King bed and a Queen sofa bed.

<http://www.morgansrock.com/ocean-view-bungalows/>



\$1, 200 per person double occupancy  
\$ 1,850 per person single occupancy

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## Ocean View Bungalow with pool,

Each Ocean View bungalow includes a comfortable terrace with a private plunge pool where guests might enjoy stunning views and unparalleled wildlife.

<http://www.morgansrock.com/ocean-view-bungalows-pool/>



\$ 1,400 per person double occupancy  
\$ 2,000 per person single occupancy

Sample of our PROGRAM:

7.00 a.m. Juice, Tea, Coffee by the pool

7.30 -10.00 a.m. Yoga Class at Morgans Rock Main Platform

10. 30 a.m Vegan Bunch

Rest of the day free for in site and off site activities.

The program may change some days. Please be flexible and open to possibilities!

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Your name :

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Your signature:

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