

2020 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: Sunday, 9th February – Saturday, 15th February 2020 (7days/6 nights)

EARLIER IN THE SEASON – MORE POWDER; WEEKEND TRAVEL DATES – LESS TIME OFF WORK!

The cost: £1200 EARLY BIRD – FULL PAYMENT MUST BE RECEIVED BY 9 AUGUST 2019.

£1400 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).

SPECIAL OFFER: TRIPLE accommodation/MUST BOOK ALL TOGETHER: 2 x twin + 1 sofa bed (en suite). interested in more details? cat@catalipdouglas.com

The deposits/payment schedule 2019:

asap - £400 to reserve place

9 august - £400 to continue hold OR pay full amount (+£800) for early bird total of £1200.

9 november - £600 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](https://www.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:

IBAN:GB49TSBS30905914231860 BIC: TSBSGB2AXXX

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 8-10 people sharing a chalet and common areas. MOST rooms are en-suite and where there isn't, there are ample bathrooms/toilets to share in each chalet.

* 4 x 2hour workshop style classes organized in conjunction with our annual Niseko yoga offering for local students who have also become friends...mingle w/ locals and get the inside scoop.

* The Orchards shuttle service around Niseko/Kuchan & concierge for tips/recommendations/etc

* special entertainment for welcome dinner - tbc

* assistance with bookings for best massage therapists in area (some offering local vs tourist rates just for our group)

* meal included with retreat: welcome dinner upon arrival approx 6:30 (Sunday 9th February) & simple breakfast provisions (fruits, cereals, fresh local bread, tea, coffee, soy/almond milk) for the first 2 days only. There are large supermarkets within shuttle service distance so that you can purchase what you prefer and prepare food in the kitchen and/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.**

* The Orchards concierge can make recommendations on, as well as book on your behalf, equipment rentals, coach transfers to/from CTS etc, closer to the time. They will ensure that everything is ready upon your arrival and you can take to the slopes asap!

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

<https://www.mnkniseko.com/the-orchards-niseko#five-bed-div-or>

The Schedule: the check in is on Sunday 9th no earlier than 3pm and check out on Saturday 15th 11am. The arrival day is to get settled and rest. If you arrive early, luggage can be left at the main reception and you can collect hired equipment while you wait for the chalet to be available. There will be a welcome dinner that evening around 6:30pm. The first class will be on Monday late afternoon the 10th of February and the last class on Friday late afternoon. There will be a full day off mid-week to maximize snow play day! Saturday morning reserved for leisurely check out, goodbye's and travel to airport/next destination. Detailed schedule available one 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 especially since these dates are closer to Chinese New Year (25 January 2020). This time is high season in Niseko.

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 of £1200 to qualify for EARLY BIRD) is due BY 9th AUGUST. **After that date, the price increases by £200 and full amount due by 9th November to secure your space. THE 1st DEPOSIT IS NOT REFUNDABLE AFTER 9th 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**.....