

**2020 MORGAN'S ROCK/SAN JUAN DEL SUR, NICARAGUA
Yoga Retreat w/ CAT ALIP-DOUGLAS & PHIL DOUGLAS
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, 15th November – Friday, 20th November 2020 (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: 15th MAY 2020 (6 months before)/ABSOLUTELY NO REFUNDS AFTER THIS DATE.

THE EARLY BIRD DISCOUNT: £1100 if PAID IN FULL by 15th JANUARY 2020 (10 months prior).

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 15th January 2020; 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:
IBAN:GB49TSBS30905914231860 BIC: TSBSGB2AXXX

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

- * yoga mats and props available onsite
- * good company and plenty of time to relax!:)
- * see their website for more details of amenities

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 cool drink 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, 15th November at 2pm and check out on Friday 20th November 2020 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 #.....

PLEASE DO NOT PRINT/EMAIL PREFERRED.

electronic signature/date