

LIVELY UP YOURSELF!



A Costa Rica Retreat

January 24-31, 2019

You will call The Gilded Iguana in Nosara your home for the week — a luxury boutique hotel at the epicenter of Costa Rica's thriving spiritual and wellness community. You'll start your day with an invigorating yoga practice and wrap up your afternoon with gentle, restorative practices -- all amidst the stunning sights and sounds of the jungle and coastal landscape. Some beautiful meditations will be woven through the week to re-connect you to your most authentic and vibrant self.

Expect lots of time for rest and play, opportunities for adventures and excursions, surfing, tennis clinics, long walks along one of the world's most stunning beaches, relaxing by the pool or at the spa, and exploring the charm of this little chic surf town at your own pace. We've lovingly designed this retreat to fit your every need -- which means you can relax and rest as much as you want, or explore, practice, and participate to your heart's desire. Honor your unique intention by choosing what suits you each day, and ***let us take care of every detail!***

Pricing Options:

Standard Room with 2 Full-sized beds:

- Single Occupancy: **\$3,000** (room tax included)
- Double Occupancy: **\$1900** (room tax included)

Superior Room with 2 Queen sized beds:

- Single Occupancy: **\$3,5000** (room tax included)
- Double Occupancy: **\$2,400** pp (room tax included)
- Triple Occupancy (roll away bed provided): **\$2100** pp
- Quadruple Occupancy (shared queens): **\$1900** pp

Included:

- 7 nights accommodations
- morning and Afternoon Yoga + Meditations
- Daily Breakfasts
- 3 Group Dinners (does not include alcoholic beverages)
- Airport Transportation in shared rides

Not included:

- Airfare
- Guided Excursions – i.e. Hikes, Mountain Bike Rides , Zip Lining, Snorkeling trips, Paddle Boarding/ Kayaking, Horseback riding
- Surf Lessons
- Tennis Clinics
- Alcoholic beverages at group meals

*cannot be used in conjunction with Platinum & Gold Members 10% off

PRINT and return all of the following pages to info@earthwindfireyoga.com

Room Information

Type of room, occupancy:

If shared, roommate or roommates names:

Personal Information

Date:

___/___/___

Name:

Street:

City/State/Zip:

Phone:

Email:

Food Allergies/dietary needs:

Emergency Contact

Name:

Relationship:

Phone:

The Contract:

Payment Information

A \$750 non--refundable deposit is due with registration

A payment of \$750 is due October 1, 2018

Your final balance is due December 1, 2018

If payments are not is not received on time, Earth Wind Fire reserves the right to cancel the booking and retain the booking deposit.

Right to Alter Teaching Staff & Schedule

Please note Earth Wind Fire retains the right to alter the teaching staff or the suggested schedule for yoga classes at any time.

Cancellation Policy

If cancellation is made by August 1, 2018, all monies received from the participant will be refunded. If cancellation is made by October 1, 2018, all monies received from the participant will be refunded less the \$750 booking deposit. No credit or refund is available for cancellations after October 1, 2018, or if the participant does not show up, or leaves early for any reason. Earth Wind Fire strongly recommends that you purchase travel insurance for your trip.

Assumption of Risk

Earth Wind Fire is dedicated to ensuring the safety of all participants; however participants must assume the risk inherent in travel including those from weather, wildlife or other force majeure.

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Earth Wind Fire, Madzy Besselaar, Jaime Schmitz, Alice Harper or The Gilded Iguana and all of their staff and instructors.

I have read and accepted the above terms and requirements:

Yes

No

Signature:

Date:

___/___/___

Printed Name:

Payment Information:

Please circle one:

I have included a personal check

Please charge my credit card
Visa/Master Card/Amex/Discover

Number: _____

CCV: _____

Expiration Date: _____

Signature: _____