

NATURE + NURTURE RETREAT in Sun Valley, ID
Thursday, October 17 – Sunday, October 20
Alice, Madzy & Jaime



This retreat will fuse the best of *Nature* and the best of *Nurture* in beautiful Sun Valley this Fall! We're thrilled to offer this women's retreat where we will enjoy all of the outdoor activities that Sun Valley has to offer, balanced with nurturing our souls through yoga, meditation, and the great pleasures of life! We will frolic and play in the Fall foliage, hike, mountain bike, practice a lot of yoga, meditate, restore, imbibe, cozy up by the fire, connect with each other and eat AMAZING organic and thoughtfully prepared food.

Nature + Nurture = Bliss + Rejuvenation. Hope you can join us!

Thursday, October 17, 2019

1:10 pm – Alaska Airlines flight 2312

4:00 pm – Arrive in Sun Valley

5:00 pm – Vinyasa Flow Yoga (all Yoga and Meditation will take place in the Lane Ranch Club House, a 2 minute walk from the house)

7:00 pm – Fire, Wine & A Catered Dinner In

Friday, October 18, 2019

7:00 am – Coffee and snacks made available

8:30 am – Vinyasa Flow Yoga

9:45 am – Mantra Meditation

10:30 am – Brunch Served

11:30 am – Group Hike

2:00 pm – Lunch on the Deck at Cristina's (<http://www.cristinasofsunvalley.com>)

3:30 pm – Stay in town to shop or head home to chillax
5:00 pm – SUPER Slow Flow + Yoga Nidra (optional!!!! cannabis and THC free CBD will be offered for a deeper dive into Nidra)
7:30 pm – Fire, Wine & A Catered Dinner In

Saturday, October 19

7:00 am – Coffee and snacks made available
8:30 am – Vinyasa Flow Yoga
9:45 am – Light Breath Meditation
10:30 am – Brunch Served
11:30 am – Group Mountain Bike Ride or Hike (your choice)
1:30 pm – Lunch Served at the House Served
3:00 pm – Free Time
5:00 pm – Slow Flow + Restorative Yoga
7:30 pm – Dinner at Cook Book in town (<https://www.cookbookketchum.com>)

Sunday, October 20

7:00 am – Coffee and snacks made available
8:30 am – Vinyasa Flow Yoga
9:45 am – Prana & Bandas Meditation
10:30 am – Brunch Served
11:30 am – Group Hike
2:00 pm – Snacks and a light lunch made available
3:15 pm – Depart for Airport
4:45 pm – Alaska Airlines flight 2345

We will be staying in a beautiful home in the Lane Ranch neighborhood of Sun Valley, ID. Lane Ranch offers a pool, hot tub and tennis courts, so bring your swim suit and your racket if you desire!

Room & Price Options:

Large Bunk Room with Private Bath, sleeps 5:

- 2 Single Beds - \$1300 each
- 1 Queen - \$1400
- 2 Full – \$1350 each

Private Den with Shared Bath, sleeps 1:

- 1 Full - \$1550

Private Master with Private Bath, sleeps 2:

- 1 King (can be separated to make two twins) two people \$1550 each (please identify your roommate), or one person \$2000

Offsite: Men are required to stay offsite given our lack of private rooms and bathrooms. If you have your own accommodations in Sun Valley or would prefer a hotel, you're welcome to stay off-site. You will be responsible for your own transportation from your accommodations to group activities.

- \$1150

Included items: all yoga, meditation, bike rentals, meals, transportation to and from the airport and transportation to group events, wine with meals at the house

Not included items: airfare, hard alcohol, wine and alcohol at restaurant meals, extra wine at home, private transportation needs

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

Bed/Room Choice:

If shared, roommate's name:

Personal Information

Date:

___/___/___

Name:

Street:

City/State/Zip:

Phone:

Email:

Food Allergies/dietary needs:

Emergency Contact

Name: _____

Phone: _____

The Contract:

Payment Information

A non-refundable deposit of 50% of your total amount due is due with registration

Remaining Balance is Due on 9/1/19

If payments aren't received on time, Earth Wind Fire reserves the right to cancel the booking and retain the deposit.

Right to Alter Teaching Staff & Schedule

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

Cancellation Policy

If cancellation is made by August 1, 2019, all monies received from the participant will be refunded. If cancellation is made by September 1, 2019, all monies received from the participant will be refunded less the booking deposit. No credit or refund is available for cancellations after September 1, 2019, 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, I understand what items are included in the retreat and what items I am responsible for paying for myself:

Yes

No

Signature:

Date:

___/___/___

Printed Name:

Payment may be made by cash, check or PayPal only

Payment Information:

Please circle one:

I have included a personal check

I have included cash

I have sent my deposit via to info@earthwindfireyoga.com

IF YOU USE PAYPAL, **MAKE SURE TO SELECT FRIENDS AND FAMILY**, IF YOU DO NOT
SELECT FRIENDS AND FAMILY, WE WILL INCLUDE THE FEES IN YOUR FINAL BILL!