

SEAS THE DAY!



A Retreat in Troncones, MX

February 29 – March 6, 2020

You will be pampered and invigorated during your week at Lo Sereno Casa de Playa -- a stunning, laidback boutique hotel nestled between the Sierra Madre Mountains and the Pacific Ocean. Lo Sereno fully lives up to its name, offering a continual sense of *Serenity* and *Zen*. Nothing detracts from the hotel's prized jewel: a three mile stretch of unspoiled beach, lined by palms and revered as one of the best surf spots in Mexico. With just 10 beautifully designed guestrooms (all with views and private patios), this place exudes the spirit of a private beach home. Barefoot luxury, at its best! Our yoga classes will take place on-site with sea views and Casa de Playa breezes. The restaurant at Lo Sereno will serve up gourmet wholesome Mexican fare, sourcing fresh local ingredients daily.

Each day will offer you the opportunity to seize the day YOUR way - opting to explore, activate, practice, and participate to your heart's desire 😊. On any given day, you can choose to surf the waves, hike and/or bike the trails, sea kayak, paddle board, snorkel, horseback ride, practice morning and/ or afternoon yoga, relax by the pool, get a massage, take long beach walks, and explore the cool and chic little town of Troncones.

Raphael Sainz Skewes describes his Lo Sereno creation as “a place for us to stop for a moment to meet, to love, to share the simple joys of life”. So “SEAS THE DAY” and join us for this unforgettable week!

Lo Sereno Hotel Pricing Options (per person):

Room Type A with King-sized bed:

Double Occupancy: **\$1920** (room tax included)
Single Occupancy: **\$3840** (room tax included)

Room Type B with 2 Queen-sized beds:

Triple Occupancy: **\$1680** (room taxes included *and please note: this rate reflects one shared queen and one single queen bed*)

Double Occupancy: **\$1920** (room tax included)

Room Type S – more spacious room with King sized bed:

Double Occupancy: **\$2070.00** (room tax included)
Single Occupancy: **\$4140.00** (room tax included)

Casa Joya Del Mar Pricing Options (per person)

Note: Villa is a 2-3 minute walk to Hotel

Bedroom #1 with two double beds:

Double Occupancy (only): **\$1902.00**

Bedroom #2 with 2 double beds:

Double Occupancy (only): **\$1902.00**

Bedroom #3 with King-sized bed:

Double Occupancy: **\$1852.00**

Single Occupancy: **\$3504.00**

Bedroom #4 with 4 beds (based on one person per bed):

Double bed: **\$1752.00**

Double bed: **\$1752.00**

Single bed (in loft): **\$1652.00**

Single bed (in loft) : **\$1652.00**

Included:

- 6 nights accommodations
- Morning and Afternoon Yoga
- Daily Breakfast and pre-morning yoga snacks and coffee/tea
- Welcome and Farewell Dinners at Lo Sereno (does not include alcoholic beverages)
- Welcome Lo Sereno Signature Cocktail upon arrival

Not Included: (but please note - we can help you arrange all airport transport, excursions, lessons and spa services, etc.)

- Airfare to and from Ixtapa – Zihuatánjo Int'l Airport (ZIH)
- Airport Transport to and from Ixtapa (the ride to the hotel is only 30 minutes, so rates will be very reasonable)
- Surf lessons
- SUP lessons
- Guided Excursions – i.e. Hikes, Mountain Bike Rides, Snorkeling, Paddle Boarding, Kayaking, Horseback Riding
- Spa Services
- Temezcal (indigenous sweat lodge ceremony)
- Additional meals and alcohol – explore the town and the beach to enjoy local restaurants and juice/ smoothie bars that suit every budget. Lo Sereno has a full service restaurant that offers daily lunch and dinner if you prefer to stay on site.
- Gratuities

**PLEASE PRINT and return all of the following pages to
info@earthwindfireyoga.com and cc:
madzy.besselaar@gmail.com**

Type of room + occupancy:

If shared, roommate or roommates' names:

Personal Information

Date: ___/___/___

Name:

Street Address:

City/State/Zip:

Phone: _____

Email:

Food Allergies/dietary needs:

Emergency Contact

Name: _____

Relationship: _____

Phone: _____

The Contract:

Payment Information and Schedule

A ***\$750 non--refundable deposit*** is due with registration prior to or on **October 15, 2019**. This deposit will secure your room for the week.

For Double and Triple Occupancy, your second payment of ***\$750*** is due on **December 2, 2019**.

For Single Occupancy, your second payment of ***\$1300*** is due on **December 2, 2019**.

All final remaining balances will be due in full by **January 11, 2020**. If payments are 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 October 30, 2019, all monies received from the participant will be refunded. If cancellation is made by November 15, 2019, all monies received from the participant will be refunded, less the \$750 booking deposit. No credit or refund is

available for cancellations after November 15, 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 Lo Sereno 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 to:

Jaime Schmitz

4801 West Mercer Way

Mercer, Is WA 98040

OR

I have submitted payment via PayPal to:

info@earthwindfireyoga.com

PLEASE NOTE: WHEN SENDING FUNDS THROUGH PAYPAL, SELECT "FRIENDS AND FAMILY". Pay Pal defaults to "Goods & Services" for which there is an exorbitant fee. If "Goods & Services" rather than "Friends & Family" is selected, those fees will be passed back to you and included in your final bill.

