

2018: MAURITIUS YOGA RETREAT & GATHERING OF GOOD FOLKS
with cat alip-douglas and phil douglas
HERITAGE LE TELFAIR LUXURY WELLNESS RESORT

PLEASE READ CAREFULLY + SIGN, IF AGREEABLE TO TERMS AND CONDITIONS.
TO RESERVE YOUR SPACE, THIS MUST BE RETURNED WITH DEPOSIT/PAYMENT.

The dates: Saturday, 10th November – Saturday, 17th November 2018

The cost: £1575 per person

(based on double occupancy/shared room - twin beds or double bed.)

The early bird: is £1400 per person if PAID IN FULL by 10TH MAY 2018.

The deposit:

* 1st deposit to secure space: £500 (asap)

* 2nd deposit to continue space hold (by 10th May): £500

OR pay full amount of £900 if taking advantage of early bird pricing.

Deposits are refundable up to 10th May 2018 with a **20% admin fee.**

Between 10th May and 10th August with a **50% fee.**

* **Balance/full payment due date: 10th AUGUST 2018**

ABSOLUTELY NO REFUNDS AFTER THIS DATE.

The payment methods: cash and bank transfers. 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):

* 7 nights shared luxury accommodation (2 persons per room) at HERITAGE LE TELFAIR LUXURY WELLNESS RESORT

* daily breakfast and welcome group dinner upon arrival

* 2.5-3 hour yoga class/clinic with both teachers. ONE FULL DAY OFF mid week!

* informal gathering of good folks who become good friends...low key & relax-easy.

NOTE: OTHER MEALS, FLIGHTS, AIRPORT TRANSFERS, VISA AND TRAVEL INSURANCE, EXCURSIONS ARE **NOT INCLUDED.**

Need assistance to hold flights and/or airport transfers? Get in touch with Sangyé Yoga student and travel agent extraordinaire: lai yap/ lai@kenwoodtravel.co.uk

The Accommodation: please visit their website for more information and photos!

<https://www.heritageresorts.mu/mauritiushotels/le-telfair-resort>

The Schedule: the check in is on Saturday, 10th November and check out on Saturday 17th November 2018. **For travel planning purposes:** the first intro class will be on afternoon of Saturday the 10th and the last class early on the morning of Saturday the 17th before check out. The welcome dinner will be on the evening of Saturday the 10th. There will also be one full day off in the middle of the week. 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. 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, if applicable. double/twin?):

.....

(DETAILS CAN BE EMAILED AT A LATER DATE)

Arrival date/time/flight #

Departure date/time/flight #.....

Emergency Contact:Phone:.....

The Fine Print (PLEASE READ CAREFULLY): A £500 deposit is required to reserve your space. A secondary deposit is due 6 months before the retreat if not paying the full amount for the early bird rate. **Full payment is required to confirm the reservation no later than 10th of AUGUST 2018 (3 months prior). THE DEPOSIT IS NOT REFUNDABLE AFTER THAT DATE AND ANY CANCELATIONS AFTER THIS DATE ARE SUBJECT TO FORFEITURE OF FULL PAYMENT.** If we cancel or significantly alter an important element of the retreat, we will offer a full or partial refund of the tuition. However, please note flight expenses will not be covered. Students are solely responsible for visa requirements to visit Mauritius. Please bring a mat and props that you may require 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 or Phil Douglas responsible. Any cancellations or changes on my behalf must be made *in writing* to the attention of Catherine Alip-Douglas within a reasonable period of time.”

Signature **Date.....**

