

**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, 10<sup>th</sup> November – Saturday, 17<sup>th</sup> 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 10<sup>TH</sup> MAY 2018.

**The deposit:**

\* 1<sup>st</sup> deposit to secure space: £500 (asap)

\* 2<sup>nd</sup> deposit to continue space hold (by 10<sup>th</sup> May): £500

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

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

Between 10<sup>th</sup> May and 10<sup>th</sup> August with a **50% fee.**

\* **Balance/full payment due date: 10<sup>th</sup> 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: LOYDGB21341,

IBAN: GB50 LOYD 3090 5914 2318 60

**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, 10<sup>th</sup> November and check out on Saturday 17<sup>th</sup> November 2018. **For travel planning purposes:** the first intro class will be on afternoon of Saturday the 10<sup>th</sup> and the last class early on the morning of Saturday the 17<sup>th</sup> before check out. The welcome dinner will be on the evening of Saturday the 10<sup>th</sup>. 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 10<sup>th</sup> 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**.....

