

Journey to Paradise Yoga Retreat

w/ Natasha Lenon & Adrienne Shum

Costa Rica | Feb 11-18, 2018

REGISTRATION FORM

******To register, please complete this form and return to Natasha or Adrienne. Registration is completed when the initial deposit (or full payment) is submitted. All payments are made at: www.adrienneshum.com/retreats******

Full Name:

Address:

Phone:

Email:

What is included:

7 nights and 8 days of accommodation at Luna Lodge
3 organic, delicious meals per day
Daily morning and evening meditation and yoga
Dharma talks on yoga philosophy
Forest bathing rituals and waterfall hikes
Return charter flight from San Jose to Luna Lodge (and ground travel to Luna Lodge)

What is NOT included:

Return airfare to airport in San Jose, Costa Rica (SJO)
Any tour experiences (hiking, bird-watching, lagoon kayaking, night walk)
Any bodywork experiences (deep tissue, Reiki, reflexology, gem therapy, and more)
Hotel/cab in San Jose

To reserve your space, Natasha and Adrienne require a deposit of \$750 CAD or full payment made payable at www.adrienneshum.com/retreats. All types of lodging are double occupancy. Participants are responsible for finding their own roommate. If you are having difficulty finding a roommate, you can contact Natasha or Adrienne to see if they can

connect you with someone to share lodging. Please visit the website to view more details about the lodging options.

	Bungalow	Hacienda	Luxury Tent
Initial deposit due at registration	\$750.00	\$750.00	\$750.00
Spring Payment (due April 10, 2017)	\$733.33	\$666.67	\$600.00
Summer Payment (due July 10, 2017)	\$733.33	\$666.67	\$600.00
Final Payment (due October 5, 2017)	\$733.34	\$666.66	\$600.00
GRAND TOTAL	\$2950.00	\$2750.00	\$2550.00

Please note that while the prices are listed in Canadian dollars, they are subject to changes in USD Forex rates. Due to the advance planning for this retreat it is necessary to administer the following Payment and Cancellation Policy.

PLEASE CAREFULLY READ THE FOLLOWING:

If you sign up after the Spring Payment (April 10, 2017) or Summer Payment (July 10, 2017) is due, payment for the initial deposit plus all payment instalments previously due are required within 24 hours of registration.

If you sign up after October 5, 2017, full payment is due.

All payments can be made from www.adrienneshum.com/retreats. If you prefer to pay by cheques, please speak to Natasha or Adrienne directly. Note that if cheques are the method of payment, all payment instalments must be done with postdated cheques presented upon registration. No e-transfers will be accepted.

The initial deposit due upon registration is non-refundable.

If a cancellation is made after the initial deposit but before April 10, 2017 (Spring Payment due date), a refund is given less the initial deposit and an administration fee of \$100.

If a cancellation is made on or after April 10, 2017, but before July 10, 2017, a refund is given less the initial deposit and an administration fee of \$300.

There are no refunds after October 5, 2017.

A minimum of 10 students is required to run the retreat. In the event the retreat is cancelled, all payments will be returned in full less an administration fee (\$100).

I UNDERSTAND THAT:

Natasha Lenon and Adrienne Shum decline all responsibilities for stolen personal belongings during the yoga retreat.

Information exchanged during the retreat is educational in nature and is intended to help me become more familiar with my own being.

All personal information from other students remains private.

Furthermore, I agree to hold Natasha Lenon and Adrienne Shum free of liability for any injuries, allergies, and flight/travel cancellations that I might suffer as a consequence of partaking in this yoga retreat. I will purchase travel insurance prior flight departure.

Name (please print):

Please Circle: Deposit or Full Payment

Signature:

Date: