

**Blue Zone Yoga Rejuvenation Retreat
with Downtown Yoga**

**Costa Rica
March 11 - 18, 2018**

Trip Participant Agreement Terms and Conditions

Name: _____

Mobile: _____ Home Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____

Emergency Contact: _____

Relationship: _____ Phone: _____

Medical Alert (injuries, physical limitations, ailments, pregnancy, etc.): _____

Food allergies or dietary restrictions: _____

Reservation:

A \$500 **non-refundable deposit** per person will secure space on a first come basis. **This retreat is for adults 18 years of age or older.** The total cost for Downtown Yoga's Blue Zone Yoga Rejuvenation Retreat is based on accommodation selection. Please indicate your first and second choice:

- _____ Ananda: King Suite with private bathroom; \$2750 per person (\$5000 single)
- _____ Lotus: King Suite with private bathroom; \$2750 per person (\$5000 single)
- _____ Lakshmi: Queen Room with shared bathroom; \$2450 per person (\$4000 single)
- _____ Tara: Queen Room with shared bathroom bathroom; \$2450 per person (\$4000 single)
- _____ Shakti: Triple Twin Shared Room with private bathroom; \$1750/person (\$3600 single)

Roommate(s): _____

_____ Payment in full including **NON-REFUNDABLE \$500 DEPOSIT**

_____ **NON-REFUNDABLE \$500 DEPOSIT**

_____ Earlybird discount of 10% if registered by by January 20, 2018

Balance due by February 1, 2018

Initials_____

Trip Price Includes:

- Accommodations for seven (7) nights
- Daily yoga
Yoga classes will alternate between hatha flow, gentle yoga stretch, restorative yoga, yoga nidra meditation, sound healing, and pranayama (breath work).
- Meals
 - Dinner on day of arrival
 - Early light breakfast
 - Brunch
 - Afternoon snack
 - Dinner
 - Breakfast on day of departure
 - Daytime meals are vegetarian, evening meals may include meat and fish.
 - Kosher meals are not available.
 - Meals are a set menu. It is not possible for individual orders.
- Airport Transfers
Shuttle service from Puerto Jimenez Airport to Blue Osa and Blue Osa to Puerto Jimenez Airport on scheduled arrival and departure days only. **\$20 each way if arriving or departing on non-scheduled days.**
- %13 Costa Rica Room Tax

Initials_____

Trip Price Does Not Include:

- Airfare to and from San Jose, Costa Rica. Airfare or ground transportation to and from Puerto Jimenez, Costa Rica.
- Alcoholic beverages (beer, wine and specialty drinks available through the resort)
- Spa Treatments
- Tours and Excursion.
- Daily/weekly yoga mat rental (mats can be rented at Blue Osa for \$30 per week. Proceeds go to charity).
- Costa Rica departure tax \$29
- \$15-25 per day (recommended) per person cash only staff gratuities paid directly to Blue Osa at check out (no money is exchanged for any food, beverage, or on-site service during retreat. All non-SunSpark payments are done at check out).

Initials_____

Additional Information:

Blue Osa is an “off the grid” Eco Resort:

Blue Osa produces its own electricity. Please do not bring hair dryers, curling irons or flat irons. There are no air conditioners in any resort rooms or common areas. Each room is equipped with a ceiling fan and screened walls that allow for the free flow of air. Waste water is treated/composted and/or used to water lawns. Please do not flush toilet paper.

Initials_____

Cancellations / Refunds:

All requests for cancellation must be submitted in writing. The following outlines cancellation policies:

- \$500 deposit is non-refundable
- No refunds given for cancellations on or after May 15th 2017

If the participant arrives late to retreat or leaves prior to its conclusion, refunds will not be made for any unused portion of the retreat. No refunds will be made for meals, yoga classes or other activities that the participant misses or decides not to participate in for any reason.

Initials_____

Travel Insurance:

It is recommended for all participants to purchase travel insurance. Your travel insurance should provide coverage against trip cancellation or interruption, personal accident, illness, death, medical expenses and emergency repatriation.

Initials_____

Passport:

A passport is required to enter Costa Rica. Each participant is responsible for determining their specific passport requirements and obtaining the necessary documents prior to departure. The process for obtaining a new passport can take 4-6 weeks. Non-U.S. citizens must consult with appropriate consulates to determine if any visas are needed.

Initials_____

Photographs / Video:

Downtown Yoga may be photographing and digitally recording parts of the retreat and reserves the right to use any such photographs / videos / digital recordings in its advertising, displays, publicity materials and publications without obtaining further consent from any participant. The undersigned hereby grants SunSpark Yoga permission to use their likeness in written publications and documentation, and on audio, video, television and the internet. I release, discharge and agree to hold harmless SunSpark Yoga from any liability that may occur in the reproduction of the finished product. All profits, proceeds and income resulting from the production, distribution, sale and promotion of this product are the exclusive property of SunSpark Yoga of Orange, CA.

Initials_____

Agreement of Release and Waiver of Liability:

I am aware that participation in yoga classes with affiliates of Downtown Yoga (DTY) may be hazardous activity. I acknowledge that a certain minimum level of physical health, strength, fitness & flexibility will be required. I am voluntarily participating in these activities with knowledge of the risks of injury for which I voluntarily assume. As consideration for being permitted to participate in yoga classes and yoga exercises, I hereby agree that I, myself, my assignees, heirs, guardians and legal representatives will not claim against, sue or attach property of affiliates of Downtown Yoga for injury or damage resulting from my participation in any lesson, class, or activity. I hereby release Downtown Yoga and all its agents and heirs from any and all such actions, claims or demands that I, my assignees, heirs, guardians and legal representatives now have or hereafter may have for injury or damage associated with my participation in ANY class, workshop, or private lesson offerings of Downtown Yoga and for all claims, injury damages or liability suffered by me in connection with my lessons at any location where I have participated. The undersigned participant agrees that Downtown Yoga and its representatives shall not be held liable for any injury, damage, loss, delay or irregularity for any reason, including but not limited to any defect in a vehicle, acts or default of any company or person engaged in conveying a participant, natural disasters or unforeseen events, delays or expenses arising from such occasions.

Initials_____

My signature below acknowledges all terms and conditions of this document.

Participant Printed Name:_____

Participant Signature:_____ Date:_____

DTY Representative:_____ Date:_____

Please print and mail to 499 Sunnyside Road, Sandpoint, ID 83864; bring to Downtown Yoga; or scan and email to downtownyogasandpoint@gmail.com.