

# MINI YOGA & MINDFULNESS MEDITATION RETREAT in DRENTHÉ 21 - 24 Nov 2019



## Registration Form

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NAME \_\_\_\_\_ (One form per person)  
 ADDRESS \_\_\_\_\_  
 POST CODE / ZIP \_\_\_\_\_ CITY \_\_\_\_\_  
 COUNTRY \_\_\_\_\_  
 EMAIL \_\_\_\_\_  
 PHONE + \_\_\_\_\_ MOBILE + \_\_\_\_\_  
 DATE OF BIRTH \_\_\_\_\_  
 OCCUPATION \_\_\_\_\_

**I would like to sign up for the Mini Yoga & Mindfulness Meditation Retreat in Drenthe 21 - 24 Nov 2019.**

### Fees & terms

All fees are in Euros (€).

The costs for the retreat are **€ 450** and are inclusive of:

- all yoga and meditation sessions & workshops
- excursion: silent walk & sheep herding on the heathlands
- accommodation for 3 nights and 3 days (based on a single or shared room)
- 3 vegetarian meals a day
- tea, coffee, and fruits available whole day
- beddings & towels (beddengoed & handdoeken)

Prices do not include:

- the transport/travel to the retreat centre and back home which you need to arrange yourself
- your personal insurance which you need to take care of yourself, e.g. travel & health insurance, cancellation insurance (annuleringsverzekering), and liability insurance (aansprakelijkheidsverzekering, in case you e.g. damage something at the retreat centre for which you will be personally liable)
- extra food, drinks and snacks you may take while on group outings or own organized trips and excursions
- other optional outings and activities
- yoga mats – **please bring your own yoga mat!**

### Terms and Conditions

- The total retreat costs - € 450 - need to be paid by bank to YogaYatra upon registration, of which € 275 is a non-refundable, non-transferable deposit.
- To hold a spot for you in the retreat, this payment of € 450 is due within 8 days of sending registration into us.
- You can register online and you will receive a registration email. Upon receipt of the registration form and the full payment of € 450 your reservation will be confirmed again.
- Once the full payment of € 450 has been done, cancellations must be made in writing to YogaYatra.
- If you cancel up to 3 months prior to the retreat, we will charge € 275 (non-refundable, non-transferable deposit).
- No refunds will be granted for cancellations within 3 months of the retreat, regardless of reason.
- No transfers to other courses, workshops, or retreats are permitted.
- No refunds will be made for failure to attend or to complete the retreat, regardless of reason.

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### Terms and Conditions *(continued)*

- Refunds will be made in full and a.s.a.p. in case of insufficient registrations. In all other cases refunds will be processed after the retreat ends. Our cancellation policy is firm.
- You are responsible for making your own travel arrangements. You are responsible for purchasing your own personal insurance, like travel & health insurance, cancellation insurance (annuleringsverzekering), and liability insurance (aansprakelijkheidsverzekering, in case you e.g. damage something at the retreat centre for which you will be personally liable).
- You are responsible for your own body, property, and mental condition while at the retreat. You must inform your yoga instructor(s) accurately if there is anything they should be aware of in terms of medical conditions before joining the program.
- YogaYatra and its staff, and the retreat centre, can not be held responsible nor liable for:
  - a) any injury, physical and/or mental complaints, medical and/or psychiatric conditions starting before, during or after the retreat. All activities are undertaken at your own risk;
  - b) damaged, stolen, lost or left behind property;
  - c) any injury or damage you may cause to others and their property, including the property of the retreat centre. If you damage something at the retreat centre, you will be personally liable;
  - d) obligations derived from travel arrangements;
  - e) disruption of program due to circumstances beyond their control.
- The use of alcohol, drugs or mood altering substances (hallucinogenic, tranquilizers, etc.) are not allowed at the retreat.
- Make sure you are able to make these dates before you sign in please.
- Payments may be made to: YogaYatra, Amsterdam (KvK 34276036, Rabobank IBAN: NL21 RABO 0144 7704 31).

I agree with the above conditions:

CITY / DATE:

NAME:

SIGNATURE:

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Please sign and post this form together with the **ABOUT ME** page to:

YogaYatra Office  
Attn. / T.a.v. Corine Leegwater  
Slingerbeekstraat 18 - 2  
1078 BJ Amsterdam  
The Netherlands

Or scan the signed form and email it to [info@yogayatra.nl](mailto:info@yogayatra.nl)

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### ABOUT ME

NAME \_\_\_\_\_  
EMAIL \_\_\_\_\_  
PHONE + \_\_\_\_\_ MOBILE + \_\_\_\_\_  
EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

Travel Plans – when and how (plane, car, train etc.), flight number, timings etc.: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who are you traveling with? \_\_\_\_\_  
\_\_\_\_\_

Tell us a bit about yourself and why you would like to join the retreat: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your yoga experience? (circle one) absolute beginner / experienced beginner / intermediate / advanced

What type of yoga do you do, where, when and how often? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did you hear about the retreat? \_\_\_\_\_  
\_\_\_\_\_

Anything special / health wise, food allergies, needs etc. we should know about you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

~ THANK YOU FOR COMPLETING THE FORM! ~