**Welcome to our 2019 Soul Sanctuary Yoga Retreat to Goa!**

*Please complete* ***all sections*** *of this document so that we have all the information we need to ensure your trip is a magical as possible.*

**GUEST INFORMATION**

|  |  |
| --- | --- |
| Full Name |  |
| Gender |  |
| Date of Birth |  |
| Email address |  |
| Telephone |  |
| Address  |  |

**NEXT OF KIN**

|  |  |
| --- | --- |
| Full Name |  |
| Gender |  |
| Date of Birth |  |
| Email address |  |
| Telephone |  |
| Address  |  |

**RETREAT BOOKING DETAILS**

|  |  |
| --- | --- |
| Room requested | *E.g. Shared/ Single* |
| If applicable, guest sharing with  | *E.g. Sharing guest name* |
| Deposit amount  | *E.g. £350 shared / £500 shared* |
| Deposit date paid  | *E.g. 01/05/18* |
| **Payment plan requested** (detailed below for your ref.)E.g Basic Villa Shared, with payment plan Payment dates as follows 1. 01/05/18
2. 01/06/18
3. 01/07/18
4. 01/08/18
5. 01/09/18
6. 01/10/18

 Please email retreat@soulsanctuarystudios.com if you require amends. |
| **Basic Villa Shared**£736 total (excluding flights)£350 deposit £64 (per month, 6 months payment plan) | **Basic Villa Private**£1,343 total (excluding flights)£500 deposit£140 (per month, 6 months payment plan) |
| **Luxury Villa Shared**£1,270 total (excluding flights)£350 deposit £153 (per month, 6 months payment plan) | **Luxury Villa Private**£2,411 total (excluding flights)£500 deposit£319 (per month, 6 months payment plan) |

**HEALTH INFORMATION**

This form is designed to help us understand your health and dietary situation during the retreat. Do you suffer from any of the following ailments? (Please tick all that apply.)

|  |  |  |
| --- | --- | --- |
| Anxiety Disorders | Yes/No | Full details of any ailments marked ‘Yes’: |
| Asthma | Yes/No |  |
| Back pain | Yes/No |
| Chronic Pain | Yes/No |
| Crohn’s Disease | Yes/No |
| Deep-vein Thrombosis | Yes/No |
| Depression | Yes/No |
| Epilepsy  | Yes/No |
| Gastrointestinal Disorders  | Yes/No |
| Heart problems | Yes/No |
| High Cholesterol | Yes/No |
| Hypertension | Yes/No |
| Hypothyroidism | Yes/No |
| Insomnia | Yes/No |
| Neuropathic Pain | Yes/No |
| Osteoarthritis | Yes/No |
| Rheumatoid Arthritis | Yes/No |
| Type 1 Diabetes | Yes/No |
| Type 2 Diabetes | Yes/No |
| Other | Yes/No |

Please advise us before commencing any sessions if, for any reason, your health or your ability to exercise changes.

It is inadvisable to do yoga between weeks 8-13 of pregnancy, unless by special arrangement with your teacher. It is also wise to wait 6 weeks after the birth before resuming exercise.

Yoga exercise is very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting yoga sessions.

These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if:

• Your doctor has, on health grounds, advised you against such exercise.

• You fail to observe instructions on safety or technique.

• Such injury is caused by negligence of another participant in the class/studio.

Exercise should be performed at a pace that is comfortable for you. PAIN is the body’s warning system and should NOT BE IGNORED. Please inform your teacher immediately if you feel any discomfort during a session. Please also inform the teacher if you felt any discomfort after a previous session.

I understand that yoga exercise involve hands-on correction and I hereby consent for my teacher to work in this way.

**Disclosure**

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of yoga, and my participation involves a risk of injury. Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I can carry out yoga and any other activities on the retreat at my own risk. It is essential that you advise us immediately should you have any change in your medical conditions or to the questions above.

**Signature:**

**Date:**

Any questions please feel free to contact the Soul Sanctuary team retreat@soulsanctuarystudios.com

**DIETARY REQUIREMENTS**

**Please let us know if you have any dietary restrictions/requirements/allergies:**

Our retreat Chef is great at catering for everybody, so please if you are dairy/wheat/gluten free or there is anything else you don’t like/are allergic to, please do let us know. Also, if you do require dairy free milk, yoghurt or wheat free bread etc. please let us know and we will be sure to accommodate where possible.

|  |  |
| --- | --- |
| **Gluten Free** |  Yes / No |
| **Diary Free** |  Yes / No |
| **Sugar Free**  |  Yes / No |
| **Vegetarian**  |  Yes / No |
| **Vegan**  |  Yes / No |
| **Pescatarian** |  Yes / No |
| **Other** | Details  |

**TRAVEL INFORMATION**

**Accommodation -** Sunday 4th Feb 2019 13.00 – Sunday 10th Feb 2019 11.00

**Flights -** NOT INCLUDED - We know lots of you may want to travel before or after our retreat, you may prefer different airlines/ times of travel so **please book your own flights**.

There are multiple airlines that fly out on the same date, so if you have a preference for an airline or return time/day then please feel free to book accordingly. Please be aware of the dates & timings that we have booked the villa (detailed above - Accommodation). Please ensure you do not arrive at the villa before 13.00 4th February and please depart the Villa by 11.00 10th February, in case there is a booking before or after us.

Recommended Outbound

Jet Airways 9W115 Sunday 3rd Feb 15.55 LHR - Monday 4th Feb 06.25 BOM

Jet Airways 9W115 Monday 4th Feb 11.05 BOM - Monday 4th Feb 12.35 GOI

Recommended Return

Jet Airways 9W496 Sunday 10th Feb 07.00 GOI - Sunday 10th Feb 08.20 BOM

Jet Airways 9W118 Sunday 10th Feb 13.30 BOM - Sunday 10th Feb 17.40 LHR

**Transfers**

If you would like to opt in for a group transfer for the below journeys do let us know (additional cost)

* Soul Sanctuary Studio, Worcester to Heathrow @ Sunday 3rd Feb 9.30 - 12.00
* Heathrow to Soul Sanctuary Studio, Worcester @ Sunday 10th Feb 18.30 - 20.30

We can also organise your transfers from GOI to the Villa - Please let us know which flight you are getting, input details below, and whether you would like us to organise a transfer for you from GOI to Villa? (Cost already included)

|  |  |
| --- | --- |
| **Outbound Flight number**  | **Flight arrival time GOI** |
| *E.g Air India (AI83)* *Or N/A Traveling before!*  | *E.g Monday 4th Feb 06.20 GOI* |
| **Return Flight number** | **Flight departing GOI** |
| *E.g Air India (A134)*  *Or N/A Traveling on!*  | *E.g Sunday 10th Feb 04.00 GOI* |

**TERMS & CONDITIONS**

**Please read, sign and return before paying deposit.** By paying deposit, we have the right to assume you have read and accepted the below terms conditions.

1. It is the customer's responsibility to check the reservation and ensure that the particulars contained therein are correct.

2. The customer shall pay Soul Sanctuary a non-refundable, non-transferable deposit in the sum of £350 for each person booking a shared room and £500 for each person booking a private room.

3. The deposit shall be paid by the customer to Soul Sanctuary at point of reservation. With limited spaces available it is advised to pay your deposit as soon as possible as we will be allocating rooms on a first come first serve basis.

Deposit Payment should be made to the below details:

Soul Sanctuary

Sort: 30-98-97

Account:48065260

4. The remaining balance must be paid by 1st January 2019.

5. Payment plan available on request, please email retreat@soulsanctuarystudios.com

4. If balance is not received by 1st January 2019, Soul Sanctuary reserves the right to cancel the reservation and retain the deposit in full.

5. In the event of cancellation by the customer, regardless of the circumstances, deposits are non-refundable.

6. Having paid in full, in the event of cancellation by the customer, regardless of the circumstances, the following refund fees apply:

Cancellations made 30 days or more before departure merit 50% of full payment refunded, subject to Soul Sanctuary discretion.

No refunds are available for cancellations made 30 days or less before departure.

7. Due to teacher cancellations or other situations beyond our control, Soul Sanctuary reserves the right to change bookings and shall inform the customer as soon as possible. Alternative arrangements will be offered but we do not accept responsibility for any costs incurred, including airfare.

8. The full price of the retreat includes the following:

· Accommodation for 6 nights

· Return transfer to and from Goa Airport to Villa

· 1x Transport to Dolphin Trip & River Trip

· Meals taking place at our accommodation

The retreat price does not include

· UK transfers

· Flights

· Additional trips

· Additional transport

· Eating or drinking outside of the villa

· Travel insurance / VISA

9. Soul Sanctuary reserves the right to offer discretionary discounts and this does not affect the status of any guests who have paid the full price and no discount will then become due to them.

10. The customer shall not use the property except for permitted use and shall not use the property for any offensive, noisy, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to Villa and its guests, staff or owners.

11. The customer shall keep all accommodation fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.

12. Soul Sanctuary reserves the right at its sole discretion to terminate use of the property or any of its facilities by the customer in the event of any breach of these terms and conditions. The customer will be required to vacate the property and Soul Sanctuary shall not refund payment or accept any consequential liability damages or loss.

13. Soul Sanctuary retains all copyright licence rights and sole exclusive ownership of the information, photographs and material displayed on its website. The material may not be modified, copied or used in any other way.

14. Any user of the website has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from use of the website.

15. Soul Sanctuary accepts no responsibility for keeping the website up to date and will not be liable for any loss by its failure to do so. We are not responsible for the contents of any links displayed on our website.

16. It is the customer’s responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport in good time.

17. Soul Sanctuary can accept no responsibility for delay or cancellation of any flights, train, buses or other forms of transport.

18. Soul Sanctuary reserves the right to alter any facility accommodation or yoga activity.

19. The customer must comply fully with all and any health and safety regulations introduced by Soul Sanctuary. The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor’s advice if practicing yoga. Soul Sanctuary is not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.

20. Soul Sanctuary cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.

21. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify Soul Sanctuary as soon as possible.

22. Soul Sanctuary shall not be liable for any failures beyond its control. This covers natural disasters, war, ‘acts of God’, closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors.

23. Soul Sanctuary accepts no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from Soul Sanctuary retreat.

24. Soul Sanctuary asks that all customers have adequate travel, cancellation and medical insurance for the duration of the trip.

25. These terms and conditions shall be governed by UK Law and the parties consent to the jurisdiction of the UK courts in all matters regarding them.

I have read and understood Soul Sanctuary Retreat Terms & Conditions.

**Full Name:**

**Signature:**

**Date:**

**YOUR RETREAT CHECKLIST**

|  |  |
| --- | --- |
| Deposit Paid? | **Yes/No** |
| Installments set-up / full price paid?  | **Yes/No** |
| Visa required? | **Yes/No** |
| Passport in date? | **Yes/No** |
| Travel Insurance? | **Yes/No** |
| Flights booked? | **Yes/No** |
| Transfers arranged?  | **Yes/No** |
| All sections of the **Guest Information Pack** read, signed and returned to retreat@soulsanctuartystudios.com * Guest information
* Next of Kin
* Room Booking details
* Health information
* Dietary requirements
* Travel information
* Terms & conditions
 | **Yes/No****Yes/No****Yes/No****Yes/No****Yes/No****Yes/No****Yes/No** |

Thank you! We cannot wait to spend a week with you in Goa!

Any questions, concerns, comments please always let us know retreat@soulsanctuarystudios.com