



**BOOKING FORM – YOGA RETREAT**

**Main Contact Details**

Name			
Address 1			
Address 2			
County/Country		Postcode/ Zip	
E Mail		Tel No	

**Yoga Retreat Details**

<b>Yoga &amp; Ayurveda Retreat with Thea Maillard</b>	<b>Saturday 13 April – Saturday 20 April 2019</b>	<b>At Himalayan Orchard Reoghati Rd,, Rukhla, Himachal Pradesh 171204, India</b>
<p>£555 - £665 for 7 nights.</p> <p>Price includes:</p> <ul style="list-style-type: none"> <li>- 7 nights accommodation in double/twin/three bed rooms</li> <li>- all meals (home-made and mostly home-grown)</li> <li>- daily yoga &amp; meditation classes (please see itinerary)</li> <li>- one 60min massage treatment</li> <li>- Ayurvedic pulse reading</li> <li>- airport transfers from and to Chandigarh</li> <li>- guided afternoon hikes</li> </ul> <p>Price excludes:</p> <ul style="list-style-type: none"> <li>- Flights</li> <li>- Travel insurance</li> <li>- Visa</li> <li>- optional activities</li> <li>- alcoholic beverages</li> </ul>		

**Room Preference**

Please indicate your room preference. Room allocation is on a first come first serve basis.

<b>Valley View</b>	£625 p.p.	Luxury double/twin. Within main building. En suite toilet, use of luxury bathroom downstairs (Western style, with shower), with underfloor heating.
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<b>Old Kitchen</b>	£665 p.p.	Luxury double. Separate annex to main building. En suite luxury bathroom (Western style, with shower), with underfloor heating.
<b>Big Blue</b>	£625 p.p.	Luxury double plus single/three singles. Within main building. En suite luxury bathroom, Western style toilet, bucket bath. Underfloor heating.
<b>Cheese Room</b>	£600 p.p.	Standard double/twin. Separate studio apartment, own private terrace and galley kitchen. External Indian-style bathroom and toilet.
<b>Green Wing</b>	£625 p.p.	Luxury double/twin. Separate dressing room and en suite bathroom. Western style toilet, bucket bath.
<b>Mud Room</b>	£555 p.p.	Basic single room with sink and bucket bath.

### Terms & Conditions:

- i) Itinerary is subject to changes as program is perfected allowing for the most tailored and unique experience of Northern India.
- ii) Rooms are allocated on a come first, serve first basis.
- iii) A deposit of £250 is required to book your space. This is refundable up until 6 weeks before the retreat, after that it can only be refunded if the space can be filled. Final payment is due by 15th March 2019. Any refunds given will be less a £75 admin fee.
- iv) It is a condition of this holiday that each person has personal travel insurance appropriate to activity and fitness centered holidays and cover for travel expenses in case of cancellation.
- v) All foreign nationals visiting India require a visa to enter India. UK passport holders and many other nationalities can now get an online e visa <https://indianvisaonline.gov.in>

<b>Signed * see note below</b>		<b>Date</b>	
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\* A signature is required for all forms submitted by post. A signature is not required for forms submitted by email but a name is required as acceptance of terms and conditions.

### What Happens Next?

To confirm your retreat either:

1. Return your form by post with a cheque for the deposit to Thea Maillard, 36 Waterloo Road, E107HR, London, UK. OR
2. Return the form by email and pay by Bank Transfer to D Maillard, Sort Code 04-00-04, Account Number 87267539, Monzo Bank.