 The Yoga Shack Amalfi Coast, Italy Yoga Retreat

July 11-18, 2020

# with Cindy Valentine & Michelle DeNicola

REGISTRATION FORM

|  |  |  |
| --- | --- | --- |
| Todays Date PASSPORT # | | |
| First Name | Last Name | Birthdate |
| Address | City, State Zip | Email |
| Home Phone | Cell | |
| Occupation | List anyone you are traveling with: | |

***Emergency Contact Phone Relationship***

Tell us about yourself:

Do you have previous yoga experience? If so please explain…

List any allergies, medical conditions, injuries, special dietary requirements or anything else we need to be aware of?

## Are there any health related conditions or surgeries that might affect your experience on this retreat?

Are you pregnant? If yes, when is your due date?

Are you currently on any medications? If yes, please list

Retreat Goals: What would you most like to get out of the retreat?

How did you hear about retreat?

Please list anyone you are sharing a room with

Type of room requested: (First Come Basis

**What will this EXPERIENCE of a lifetime COST? (Payment Plans Available)**

**The Dream:**

You will be a guest in a luxury villa in Marciano, overlooking the sea with a view of the Island of Capri, Ischia, Procida, The Gulf of Naples and Mount Vesuvius. A perfect blend of yoga and vacation, this week on the Amalfi Coast will create memories for a lifetime. Each day we will start the day with a yoga practice, including vinyasa, yin, restorative and meditation, on one of the most scenic terraces you have ever experienced, looking out on the Gulf of Naples and a picturesque view of the Island of Capri. There will be group excursions, activities, and plenty of free time to explore! Shuttle service is also available for any personal trips. This is more than just yoga in Italy. Join us for the experience of a LIFETIME.

We are offering our guests a variety of rooms to choose from with options for everyone from the budget savvy to the luxury seeking traveler. House includes:

* Gourmet Chef’s Kitchen
* Billiard and Piano Room
* Large Sea View Pool
* Spectacular Sea View
* Views of Capri, Ischia, Procida, Gulf of Naples and Vesuvius
* Sprawling Grounds with several gardens, terraces and sitting areas

***WHAT’S INCLUDED…***

•7 Nights in a Beautiful Villa  
•Daily Yoga & Sutra Studies…evening Meditation every night (unless group is out late)  
•Breakfast Daily

\*INCLUDED…yoga mat, strap, blocks & blanket for your OWN personal use throughout the week  
•2 Farm-To-Table Dinners at the Villa Prepared by Private Chef  
•Cooking Class with Dinner Taught by Local Chef  
•Farm-To-Table Dinner at La Tagliata Restaurant (local restaurant on the mountain)  
•Guided Boat Tour of Capri (8 hours)  
•Day Trip to Positano, Amalfi & Ravello (8 hours)  
•Guided Hike of The Path of the Gods w/ special lunch prepared by a shepherd on the mountain (WOW!!)  
•Private Transfers to-and-from Airport (7pm-7am pick ups will be an additional $50pp)  
•Private Transfers to-and-from group Day Tours   
\*\*We cover gratuity for drivers on scheduled transfers  
•Shuttle Service is available for a fee to Surrounding Towns/Beaches on “Free Days”   
•The Yoga Shack will cover the City Tax for Each Traveler

**ALL rooms have private bathroom & kitchenette, air conditioning, mini fridge, internet, and LCD television**

(1) Junior Suite (Single / 1 Queen Bed) $3,400 estimate  
(3) Standard Sea View (2 Single / 1 Queen Bed $3,300 estimate  
(6) Standard Room (2 Single/ 1 Queen Bed $2900 estimate  
(1) Standard Small Room 2 Single/ 1 Queen Bed $2,700 (no kitchenette & bathroom in the hallway just outside the room, but views are stunning)

PRIVATE ROOM $4000

**\*\*\*\*\*IF YOU BOOK A ROOM WITH SOMEONE ELSE…ADDITIONAL DISCOUNTS APPLY\*\*\*\***

**\*\*\*The Cost (including excursions & transportation) has been updated for 2020, but is subject to the currency exchange market.**

The below pricing are per person based upon Double Occupancy.  Exchange rates between US dollars and Euros are subject to change daily. For guidance on your final cost in US dollars, see the estimates below. Lock in a low exchange rate early by putting more down.

EXCHANGE RATE ADJUSTMENTS:

The prices listed apply when exchange rates are 1.15 dollars/euro or less. The following table will be the price adjustments should the Euro conversion increase (Meaning…book FAST before Euros go up):

1.15001-1.20, add 5% to above fees  
1.2001-1.25, add 10% to above fees  
1.25001-1.30, add 15% to above fees  
Over 1.30, call for accurate pricing

***$1000 deposit TODAY reserves your place, with the balance due on or before April 1, 2020***

**This retreat does NOT include:**

Airfare  
Lunch  
3 Dinners on your own  
Kayak in Nerano and hike to Baia di Ieranto (optional excursion with group)

Gratuity **(optional but recommended 10-15% for drivers on self-booked trips, villa staff and other service providers)**  
Shuttle service fees on **self-planned** trips  
Travel insurance **(see above for reputable businesses)**  
Trip Insurance **(see above for reputable businesses)**  
Spa services  
Non-Retreat Activities

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Space is limited, and registrations are done on first come first serve basis, so our cancellation policy will be strictly adhered to. All participants must fill out a registration and waiver form in order to participate. Submission of the registration form along with receipt of payment or deposit constitutes acceptance of these terms and cancellation policy. DEPOSITS ARE NON REFUNDABLE... ***with or without waiver***.

I , understand and agree to the terms and conditions outlined below and will accept full responsibility for myself in the participation of this retreat. I understand The Yoga Shack , LLC, will book my accommodations in Amalfi Coast, Italy.

I understand there are NO REFUNDS. The Yoga Shack, LLC reserves the right to reject or return any registration for any reason.

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

I, on my own behalf, release, discharge and hold harmless the Certified Yoga teachers, The Yoga Shack, LLC, Cindy Valentine and Michelle DeNicola, and officers, directors, employees, agents, landlords, lessees, sponsors and franchisees (hereafter the "Released Parties”) from any and all liability for injury to myself, my property or other persons’ property, arising out of or in connection with, or caused in any manner by my participation in the yoga program, retreat, excursions or classes.

I acknowledge I hereby have been advised to consult, and have consulted, with my physician with respect to any past or present injury, illness, health problem or any other condition or medication that I now have, previously have had and/or now may have that may affect my participation and ability to participate in and to endure a Yoga practice and instruction. In the event that I become ill or injured during or as a result of participation in the Yoga practice, I hereby authorize the Released Parties to arrange for such emergency medical attention as they, in their sole judgment, may deem to be required to preserve my life. I hereby release, discharge and hold harmless the Released Parties, as well as any person or entity that provides such emergency medical attention, from any and all liability in connection with any injury to myself or property arising in connection with or as a result of such emergency medical treatment.

I give permission to The Yoga Shack, LLC to use any photos/videos from this retreat for purposes of marketing and advertising with respect to yoga and/or other future projects.

I agree that the The Yoga Shack, LLC shall not be held responsible for any injuries, damages, lost retreat or delay. I agree to assume all risks associated with this retreat and agree that no liability will attach to The Yoga Shack, LLC, Cindy Valentine and Michelle DeNicola.

1. The Yoga Shack, LLC has the right to ask any participant to leave the retreat group if The Yoga Shack LLC deems they are a severe disruption to the group, they are a danger to others OR to them self. There are NO refunds.
2. We reserve the right to remove a participant from any excursion, without a refund, if we believe they are disrupting the group, a threat to others or to them self.
3. Retreat members MUST be on time for all excursions and any scheduled times on the retreat. We will ALWAYS leave on time. If you miss the departure on any excursion or activity, there are NO refunds.
4. Retreat members will respect others in the group. NO harassment of ANY KIND will be tolerated. We have the right to ask ANYONE to leave the retreat immediately, without refund, if this should arise.
5. This is a NON smoking yoga retreat. IF you do smoke, you must remove yourself from the retreat to smoke privately, so not to bother anyone else with second hand smoke. Clothing can NOT smell like smoke, as others will be sharing rooms and living together in a close space. This goes for PERSONAL hygiene as well. PLEASE be mindful of body odor and cleanliness.

*\*\*\*\*\*\*We require travel & Trip insurance for retreat participants and that is simply to protect all parties involved. Although a great deal of planning goes into our retreats so that everything runs as smoothly as possible, nobody can predict what the future holds and we want our yogis to be protected in the case of any unforeseen circumstance.*

*Travel insurance, depending on your plan, can help cover your expenses if you get delayed, your baggage is lost, you end up in the hospital, or you need to cancel due to a family emergency. It’s a crucial part of trip planning especially when investing in a week-long yoga retreat. You'll want to purchase this insurance close to the time of booking the retreat and your flights.* *Here are a few companies that offer travel insurance:*

***Allianz* *American Express* *InsureMyTrip***

Agreed to and accepted by: (Signature of Registrant)

PRINT FULL NAME \_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_

The Yoga Shack has received a non-refundable Deposit of \_\_\_\_\_\_\_\_\_\_on date \_\_\_\_\_Cash / Credit

I understand ALL PAYMENTS are NON refundable.

**Credit Card & Cash Payments are accepted \*\*\*credit card payments will incur a 2.9% charge**

TENTATIVE ITINERARY

July 11, 2020 Arrive at Naples Airport

Shuttle to the Villa

Poolside Prosecco Welcome on Arrival

Afternoon Yoga Class

Dinner at the Villa

July 12

EXPLORE & RELAX

Morning Yoga Class

Breakfast

Path to the Gods Hike w/ Lunch Included (5 Hours)

Evening Yoga Class

DINNER OYO

July 13

Morning Yoga Class

Breakfast

CHILL OUT DAY

COOKING CLASS w/ DINNER

Evening Yoga Class

July 14

Morning Yoga Class

Breakfast

BOAT TOUR OF CAPRI

DINNER OYO

JULY 15

OPTIONAL GUIDED HIKE & KAYAKING

Breakfast

Guided Hike

Evening Yoga Class

DINNER OYO

JULY 16

Morning Yoga Class

Breakfast

ALL DAY TOUR IN POSITANO, AMALFI AND RAVELLO

Farm-To-Table Dinner at La Tagliata

JULY 17

Morning Yoga Class

Breakfast

Dinner at House

Closing Ceremony

JULY 18 – CLOSING CEREMONY

Morning Yoga Class

Breakfast

Departure Shuttle to Naples Airport