



yoga retreat

with jonny kest

jan 26 - feb 2, 2008

REGISTRATION FORM *(please print clearly)*

Full legal name _____

Address _____

City/State/Zip/Country _____

Phone/Mobile _____

Phone/Home _____

Email _____

Rooming with (if applicable) _____

My gender (circle one) M / F

My age group (circle one) under 40 / over 40

MAKE YOUR FLIGHT RESERVATIONS TODAY!

Contact us if you need assistance 248-646-7054 or events@centerforyoga.com

PROGRAM PRICES

Price includes lodging/accommodations, all classes/workshops, and meals.

___ \$1895 ADVANCED registration – through 11/26/07

___ \$2095 REGULAR registration – after 11/26/07

A \$1000 non-refundable deposit is needed to reserve your spot.

For Check payments – Balance due must be paid in full by 11/26/07

For Credit card payment – Balance due will be charged on 11/26/07 unless notified in writing.

Questions? Call 248.646.7054 or email events@centerforyoga.com

MAIL REGISTRATION FORM TO:

Center for Yoga, 555 S. Old Woodward, Birmingham, MI 48009, USA.

Attn: Mexico Retreat with Jonny Kest



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REGISTRATION PAYMENT

Total enclosed \$ _____

Circle One: Amex / MasterCard / Visa / check # _____

Account # _____

Expiration Date ____ / ____

3 digit code (on the back of the card): _____

Cardholder signature _____

Cardholder printed name _____

Make Checks payable in US funds to: **CENTER FOR YOGA**

LIMITATION OF LIABILITY

Please read carefully. Your signature below represents acceptance of the following terms and conditions. The Center for Yoga is not liable for loss or damage to baggage or property or for personal injury or death resulting from acts, omissions or negligence of any provider of services or accommodations or due to any other causes beyond the control of Center for Yoga, or for the loss or additional expenses or inconvenience due to acts or omissions of any carrier or any other supplier of services or facilities caused by weather or for any other reason or by change of schedule or any other causes and participants waive all claims against Center for Yoga arising there from. Center for Yoga reserves that right to substitute leaders and to alter the itinerary when deemed necessary or advisable.

MEDIA RELEASE

Photographs and testimonials obtained during this program may be shared with program participants and/or used in collateral materials for future programs. Unless otherwise noted, your signature below serves as permission for Center for Yoga to use photos and comments in which you may be featured.

CANCELLATION POLICY

Payments are refundable, less deposit, if registration is cancelled in writing by 11/26/07. Payments are non-refundable for any reason after 11/26/07. Cancellation policy applies to land packages only. You are advised to purchase travel insurance to protect your travel investment.

I have read and accepted all terms & conditions as listed on this form.

Signature: _____
(required to process registration)

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Haramara Important Information

DOCUMENTATION

Please make sure that you have a Current Passport for your journey to Mexico. A Driver's License is no longer a valid document for travel to Mexico. No vaccinations are required to enter the country (however, you may want to check with your doctor or contact an overseas medical clinic for more information on vaccinations).

VISA FOR MEXICO

During the flight to Puerto Vallarta you will be given documentation to fill out which you will then need to present to the immigration official upon entry in Mexico. BE SURE YOU KEEP THIS PIECE OF PAPER FOR YOUR DEPARTURE and they will ask to see it upon check-in for your return flight home. If you do not have this piece of paper there will be a fine and the hassle of redoing all of this paperwork on the spot!

MONEY

Cash and traveler's checks are accepted at Haramara but CREDIT CARDS ARE NOT. In the town of Sayulita USD or Mexican pesos are also much more widely accepted than credit cards or traveler's checks. You can obtain pesos in the US before your departure or upon arrival in Puerto Vallarta at the airport. The majority of your costs are covered within your trip price (including accommodation and all meals) however airport transfers in the US and in Mexico are not included. Additional services like spa treatments, tips for the Haramara staff, etc are also not included and will need to pay directly to Haramara in either USD or Mexican pesos.

ARRIVAL IN MEXICO

If you have arranged to be picked up at the airport in Puerto Vallarta, please proceed through customs where you will see a driver holding a sign marked "Haramara Retreat". The cost of the airport shuttle is \$65 for 4 passenger and \$5 extra per person for up to 7 passengers and must be paid to the driver on arrival at Haramara in US Dollars or Mexican pesos.

SPA SERVICES AT HARAMARA

Haramara has high caliber body workers on staff offering a wide range of massage and we highly recommend treating yourself to at least one session while you're here! Payment for massages is to be given directly to your masseuse/masseur. Cash only. USD or Mexican pesos are both accepted.

PHONE/FAX/INTERNET

There are no phones at Haramara. If you would like to use the phone or use the Internet you will need to go into the town of Sayulita. For emergencies leave behind: Phone at the Haramara office in Sayulita: 011 52 329 291 3038.

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Haramara Important Information continued ...

TIME CHANGE

The time in Sayulita is one hour ahead of San Francisco. The time in Puerto Vallarta is two hours ahead of San Francisco.

FOOD/DRINK

Delicious and hygienic vegetarian meals are prepared by Haramara's talented chef, Mariano (cookbook pending!). Fish is also included in many meals. Special dietary requirements are happily accommodated. Coffee is offered in the mornings and wine and beer are available for purchase at dinner.

TIPPING

Please budget between \$9-\$10/day per person for the kitchen and house keeping staff at Haramara.

WEATHER

The Central Pacific Coast of Mexico is surrounded by jungle and receives 345 days of sunshine per year. Located on the same latitude as the Hawaiian Islands, its sub-tropical climate is often compared to Hawaii's. Temperatures rarely, if ever, go below 60°F nor above 95°F.

GETTING AROUND AT HARAMARA

The setting of Haramara is spectacular. The property is perched on a hill overlooking the Pacific and the restaurant, casitas, yoga room, beach, massage areas, etc are all connected by a network of trails. Some of them are quite steep so please come prepared with a sturdy set of shoes to ensure a safe journey from A to B!

CABANAS

Each cabana is secluded and private.

The private bathrooms are beautiful with flushing toilet. Hot and cold water, monogrammed towel and beach towels are also provided.

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What to Bring

- Warm cover-up for early mornings and late evenings
- Flash lights and extra batteries (the pathways are not lit at night)
- Book lights for evening reading (the cabanas are beautifully lit by oil lamps and candles only)
- Organic shampoo, organic toothpaste, etc.
- Hat, visor and sunscreen
- Insect repellent
- Small day pack
- Trail shoes for walking the paths
- Pack light...one bag is great!
- A camera!
- Traveler's checks and cash are fine at Haramara for any payments, such as spa treatments. Massages are available at 70.00 for one hour and 90.00 for an hour and a half. Sign ups will be at orientation on the 1st evening and after that at the spa. The same will apply for excursions. There is a 24-hour cancellation policy.
- In Sayulita there is **not an ATM**. Cash or travel checks are the only accepted form of payment. We recommend that you exchange your money at the Puerto Vallarta airport for the best rate of exchange. Be sure to exchange enough money to pay for spa treatments, gratuities, excursions, gifts, restaurants and any extras, etc.
- Gratuities for housekeeping and dining staff at Haramara are greatly appreciated. Please give to your group leader on the last evening. It is recommended at 9.00 to 10.00 USD per day.
- There is bottled water available to you each day. We suggest you bring along your own "Nalgene" (safe plastic) bottle for refilling as desired.

Have a wonderful journey and an incredible adventure at Haramara!!

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Day Excursions Offered at Haramara

Marietes Islands Snorkeling Adventure (5 – 6 hours)

Punta Mita, a short drive from Haramara is considered one of the area's best places for deep-sea diving, snorkeling and surfing. Our driver will depart in the morning to small fishing village where you will be greeted by your boat captain and depart for the half hour trip to the Marietes Islands Wildlife Reserve. After a short tour you are free to snorkel the beachside as well as in some wonderfully scenic caves.

Between December and March you also will be able to spot Humpback whales during the boat ride since this is the time and place of their winter residence!

I recommend having lunch in Punta Mita at Mariscos Tino's...great food and view of the surfers. (lunch on own)

\$75.00 per person (Minimum of 6 people)

Surfing Lesson and Excursion (4 hours)

1 person \$80.00

2 people \$70.00 per person

3 & 4 people \$60.00 per person

Includes: Instruction, surf board, transportation and snacks.

Shopping tour to Puerto Vallarta (5-6 hours)

During the one-hour drive to town you will get a good idea about the enormous size and beauty of Banderas Bay and even Puerto Vallarta may surprise you as a quite authentic town despite all the mass tourism, which is going on all around it.

Our driver/guide will show you some of the interesting places and of course give you plenty of time to shop.

\$25 per person (Minimum of 6 people)

Horseback Riding Available Price TBA

CONTACT:

USA Reservation Center - Gail Barnett @ Time Out to Travel

Address: 25 Bulkley Ave, Sausalito Ca 94965

Tel: 888 494-3688 / Fax: 415 332-2693

email: haramara@comcast.net / website: www.haramararetreat.com

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Haramara Retreat Massage Offerings

As the perfect complement to your retreat, Haramara is pleased to offer a variety of therapeutic bodywork. Each of our professional therapists has training in different techniques. You will have an opportunity at the orientation, the first evening of your arrival, to meet some of them and also learn of their bodywork. We offer both male and female practitioners and each one's style ranges from relaxing Swedish, Thai and to a more firm acupressure or sport massage style. We also offer traditional Japanese massage, deep tissue and Reiki. We are also happy to announce that we have available physical therapy and osteopathic work for those guests with special needs. Sign ups will be taken at that time.

Full Body Massage

A relaxing, therapeutic massage that helps relieve muscular tension and stimulates circulation, with deeper attention given to those muscles that are in need. This is an integrative use of Swedish, Acupressure, and energy work.

1 Hour \$ 70.00 U.S.

1.5 Hours \$ 90.00 U.S.

One-Hour Facials

We are happy to add to our menu a European Style facial. The session is cleansing, relaxing and nourishing. The products used will be therapeutically designed based on a short skin analysis.

1 Hour \$65.00 U.S.

** All services to be paid at time of session in cash or travelers checks. Gratuities are greatly appreciated. There is a 24-Hour cancellation policy so if for some reason you cannot make your scheduled session at the last minute, please try to find a replacement, as you will be charged the full amount.

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