

Awakening: From the Root to the Crown
A Therapeutic Yoga Retreat
January 26 - February 2, 2019

Led by: Brockell Bridle

Trip Participant Agreement Terms and Conditions (4 pages)

Reservations:

A \$500 deposit per person will secure space on a first come basis with the balance due on or before November 28, 2018. The total cost for "Awakening:From the Root to the Crown" (the "Trip") is dependent upon accommodation selection and ranges from \$1471 to \$2289 for double accommodation.

NOTE: To receive the double accommodation rate there **MUST** be another person sharing the room. Single upgrades are available - please inquire for specific costs or look on the Global Yoga Journeys webpage for Costa Rica - Awakening.

Please make checks payable to: Apple a Day Ideas, LLC.

Late registration: Trip participants may register after November 28, 2018 space permitting, however payment in full is required at the time of registration.

Trip Price Includes:

Yoga: Daily morning yoga posture classes appropriate for students of all levels of experience, some mid-morning workshops and an afternoon yoga/meditation/movement/workshop experience on most days.

Accommodations: Accommodations are **assigned on a first-come first-served basis**. A wide range of double rooms and tentalows are reserved for this retreat until November 28. Tentalows share bathroom facilities otherwise bathrooms are in the accommodation selected. All accommodation is at Pura Vida Spa, Costa Rica.

Meals: Breakfast, lunch, and dinner at Pura Vida Spa. All meals offer both a vegetarian and a chicken or fish option. There is a cash bar offering local beer and wine.

Transportation: Pick-up at the San Jose airport (Airport code SJO) on arrival day and drop-off at the airport on departure day is provided by Pura Vida and these transportation costs are included in the total fee.

Excursions: Several optional group excursions are arranged by Pura Vida and an extra fee is charged.

Trip Price Does Not Include:

Round-trip airfare to Costa Rica, passports, meals in transit or outside of Pura Vida and wellness services, gratuities (approximately \$50) and any items of a personal nature.

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Cancellations/Refunds: All requests for cancellation must be submitted in writing to the Trip Organizer (and received by the dates listed below). Regardless of the reason, cancellations result in additional costs and processing time for the Trip Organizer. As such, all cancellations will be subject to a \$50 cancellation fee.

The following charges will be assessed for cancellations:

More than 60 days prior to program start date (until Nov 28, 2018)	\$50 cancellation fee
Less than 60 days prior to program start date (after Nov 28, 2018)	100% of trip price

If the participant leaves the Trip prior to its conclusion, refunds will not be made for the unused portion of the Trip. No refunds will be made for any excursion, meal, yoga class or workshop or other activity that the participant misses or decides not to participate in for any reason.

The Trip Organizer reserves the right to cancel the Trip prior to departure. If such cancellation is NOT due to circumstances beyond the Trip Organizer's control, such as war etc. as set forth below, the Trip Organizer will refund all payments, constituting full settlement with the participant. No compensation or refund will be made when cancellation arises before or during the trip from circumstances beyond our and/or our suppliers' control (force majeure) such as war, strife, civil disobedience, strikes, terrorist activity, adverse weather conditions, fire, natural disasters, etc., unless or until the Trip Organizer is able to recover any Trip-related sums. In the event of cancellation arising from circumstances beyond our control as set forth above, Trip-related sums recovered by the Trip Organizer will be distributed equitably to the participants after the Trip Organizer deducts all out-of-pocket costs and related expenses.

It is recommended that participants purchase their own trip cancellation insurance. The Trip Organizer is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the trip itinerary as a result of circumstances beyond our and/or our suppliers' control such as war, etc. as set forth above.

Nature of Trip:

This Trip is yoga-based. Accordingly, participants are strongly encouraged to fully attend the yoga offerings provided. All participants are encouraged to approach the Trip with a spirit of openness and adventure.

Smoking is not permitted in vans or cars, at meals, or inside the buildings and yoga space.

The nature of the Trip is not suitable for children.

Passport: A passport must be obtained in advance. Each participant is responsible for determining their specific passport requirements and for obtaining the necessary documents prior to departure. Non-U.S. citizens must consult with appropriate consulates to determine if any visas are needed.

Medical Insurance: Each participant is responsible for checking with their current health insurance provider and insuring that they have adequate medical coverage. Participants must carry their insurance documentation while on the Trip.

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Photographs/Videotapes:

The Trip Organizer will be photographing and/or videotaping the Trip. The Trip Organizer reserves the right to use any such photographs/videos in its advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Trip Organizer and its representatives from any liability in connection with any such use of such photographs and videotapes.

Release/Responsibility:

The participant, by signing this Trip Participant Agreement, agrees that the Trip Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations, accidents by aircraft, boat, bicycle or motor vehicle, or in any restaurant or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes in transit, or villa services; missed airline or other transportation connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary. The participant agrees to assume all risks associated with the Trip and agrees that no liability will attach to the Trip Organizer, its employees or agents, or to any member of the trip in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Trip, howsoever caused. By signing this Trip Participant Agreement, the participant releases the Trip Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth. The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), and accident insurance.

For the benefit of everyone on your trip, the Trip Organizer reserves the right to accept or reject any Trip participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Trip, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Trip. The Trip Organizer will have no responsibility or liability for any participant who leaves the Trip prior to its conclusion or for any activity undertaken by any participant which is not included on the Trip itinerary.

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I/we have read and understand the foregoing Trip Participant Agreement for: "Awakening: From the Root to the Crown" and, by making my advance payment as set forth below, agree to the terms thereof.

Please reserve my/our space:

Signature _____ Date: _____

Signature _____ Date: _____

Please Print:

Name _____
(as it appears on passport)

Name _____
(as it appears on passport)

Address _____

City/State (Province)/Zip (Postal Code) _____

Country _____

Telephone: Days _____ Evenings _____

Email: _____

Name of Emergency Contact: _____

Telephone of Emergency Contact: Days _____ Evenings _____

Name of Second Emergency Contact: _____

Telephone of Emergency Contact: Days _____ Evenings _____

Enclosed is a check or money order (US funds only) in the amount of \$ _____, as _____ payment in full **SPECIFY: single or double and either 1. Tentalow 2. A-Frame 3. Vista Deluxe 4. Super Deluxe KIVA 5. Tri-level 6. Other** _____ deposit for "2019 Awakening: From the Root to the Crown" .

NOTE: Check or money order in US funds should be made payable to: APPLE A DAY IDEAS, LLC
Please sign and initial each page of the Trip Participant Agreement. Fill in all required information above and return the entire Trip Participant Agreement with your payment to:

APPLE A DAY IDEAS, LLC
914 Maupin Rd.
Columbia, MO 65203