



## Vinyasa Flow Yoga Retreat

Sayulita, Nayarit, Mexico

March 26 – April 2, 2011

[www.haramararetreat.com](http://www.haramararetreat.com)

### About the Retreat

We will gather at Haramara Retreat, a place many have called a sanctuary for the soul... amidst a lush jungle beside the clear blue waters of the Pacific.

Each day will include two yoga practices, three delicious, health conscious meals, time for rest and enjoying one another... and for those who desire, a bit of adventuring in this magical place (surfing, zip lining, sunset boating, etc). Interwoven into our week will be a look at yoga philosophy and a deeper study of the more nuanced aspects of the practice. Students can expect a transformational, heart infused, and pleasure filled journey... full of depth, beauty and peace.

### About Rosemary

Rosemary teaches with sensitivity and strength, bringing over ten years of deep practice and study to her classes and retreats. She has a particularly special love for the retreat setting and the vessel it provides for a truly life altering immersion into one's practice. Rosemary has been teaching Vinyasa Flow in the Bay Area for five years and welcomes, with joy, all who are drawn to the exploration.





## Yoga Retreat Application

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### Part I – Personal Information

First Name: \_\_\_\_\_ Last: \_\_\_\_\_

Sex: F   M Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_ Apt./Suite # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_ Mobile: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Work: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Email: \_\_\_\_\_ Occupation: \_\_\_\_\_

How did you learn about this retreat? \_\_\_\_\_

What experience level would you rate your yoga practice? 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_

### Part II – Medical Information

Are you currently under the care of a physician and/or chiropractor for any physical or medical condition? Yes \_\_\_\_ No \_\_\_\_

If Yes, please explain:

Do you currently have any injuries or health conditions? Yes \_\_\_\_ No \_\_\_\_

If Yes, please explain:

Do you have any food, medication, or environment allergies? Yes \_\_\_\_ No \_\_\_\_

If Yes, please explain:

Do you have any dietary restrictions? Yes \_\_\_\_ No \_\_\_\_

If Yes, please explain:





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### Part III – Emergency Contact

First Name: \_\_\_\_\_ Last: \_\_\_\_\_  
Address: \_\_\_\_\_ Apt./Suite # \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Country: \_\_\_\_\_ Mobile: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Email: \_\_\_\_\_ Relationship: \_\_\_\_\_

### Part IV – Accommodations & Payment

**Shared Casa Grande (dorm, 2 bath):** \$1,475 (reserve by Jan. 1) | \$1,675 after Jan. 1

**Trio Room Occupancy Rate:** \$1,700 (reserve by Jan. 1) | \$1,900 after Jan. 1

**Double Occupancy Rate:** \$1,850 (reserve by Jan. 1) | \$2,050 after Jan. 1

**Single Occupancy Rate: (private):** \$2,500 (reserve by Jan. 1) | \$2,700 after Jan. 1

The prices above include lodging, three delicious meals per day (excluding alcohol), and all related taxes and fees. Offsite adventures will be available at additional cost.\* A non-refundable deposit of \$500 is required to hold your place on the retreat if your application is accepted.\*\* In the event of cancellation your entire payment will be refunded less the \$500 deposit if the cancellation is made before February 15th, 2011. Payments are non-refundable after this date.

**\*\*Deposit must be received by Jan. 1. Payment in full must be received by Feb. 1**

\* Airfare and airport transportation not included in retreat pricing





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### Part V – Declaration & Acceptance of Forms

I hereby declare that all information I have provided in this application is true and complete, and I understand that providing false information is grounds for rejection of this application, or removal from the retreat without refund. I understand that submission of this application does not guarantee a reservation on the retreat, and that rooms will be filled on a first come, first-served basis for approved applicants. I acknowledge that yoga is a physical activity and that I have no medical condition that would prevent my participation in this vinyasa flow yoga retreat. I further understand that I have the right and responsibility to modify or opt out of performing any movement or pose that is beyond my capability in order to safeguard my health. I certify that I am covered by a personal health insurance policy in the event of injury. I release Rosemary Garrison and Haramara Retreat from any liability for any injury sustained while participating in, watching, or traveling to and from the retreat center and to and from class.

I have read and accept the enclosed Liability Release on page 5: (please initial) \_\_\_\_\_

I have read and accept the enclosed Code of Conduct on page 5: (please initial) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Did you remember to enclose:

Completed application \_\_\_\_\_

Deposit \_\_\_\_\_

Signed Agreement \_\_\_\_\_

Upon receipt and acceptance of your application, Rosemary Garrison will provide you with retreat details to plan for our upcoming adventures!





## Release of Liability & Code of Conduct

Haramara Retreat and its employees, and Rosemary Garrison and her assistants are in no way responsible or liable for participants' health during their stay at the retreat center. If an emergency arises, all efforts will be made to address the situation, however retreat attendees accept full responsibility for their personal well-being while on the retreat. Haramara Retreat and Rosemary Garrison assume no responsibility for damage to, theft of, or loss of valuables in rooms or on or off the retreat grounds.

## Rosemary Garrison Yoga Code of Conduct

*As a participant in a Rosemary Garrison Yoga Retreat, I agree to make my best efforts to uphold the following to the best of my ability and with the deepest of intentions:*

- 1. Maintain respectful awareness of the personal, physical, and emotional space and boundaries of those around me during yoga practice, meals, and socializing.*
- 2. Behave professionally, courteously, and with integrity and honesty.*
- 3. Use judgment and discernment while interacting with others in all situations.*
- 4. Contribute my best self at all times in the spirit of creating a warm, nurturing, and safe environment for the duration of the retreat experience.*

## Media, Copyright & Liability Agreement

As a retreat participant, I agree that any photos, videos, or written transcripts produced by Rosemary Garrison Yoga from this retreat may be distributed without limitation through any means, and I shall not receive compensation for such distribution. I agree to the use of my name, likeness, portrait or photographs, voice and biographical material for educational and promotional purposes. I further agree that my participation in the retreat confers upon me no rights to use, ownership, or copyright. I release Rosemary Garrison, her employees, agents, and assigns from all liability which may arise from any and/or all claims by me or any third party in connection with or relating to my participation in this retreat.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



