



Europe Yoga Retreats

Yoga Retreat in Costa Brava- Spain

Espai de'l Harmonia Summer 2017

Personal Details

Name/ Surnames:

Address:

City & Country:

Date of Birth:

Passport or ID number:

Telephone number:

E-mail address:

Upcoming Retreats (Choose the dates)

1. July 21st – 25th
2. July 26th – 29th
3. Aug 25th – 29th
4. Aug 30th – Sep 3rd

Retreat Details

*Check In at 04:pm

*Check Out at 04:pm

*Type of accommodation: Shared Cuadruple Room

* All meals will be 100% vegan.

Location

Espai de l'Harmonia

Address: La Bordeta St 23, Cruïlles (Baix Empordà)

Catalonia, Spain.

What's included

- 4 Nights Accommodation
- 3 Daily Healthy Meals
- 2 Yoga Classes per day
- Breathing Techniques & Meditations
- Special Session on the Beach
- 2 Thematic Workshops
- Deep Relaxation Session
- Day Trip to Volcanoes in Olot

How to get to the Retreat?

We Offer Free Transfer from:

- Flaçà, Train Station
- La Bisbal, Bus Station

Nearby Places

- La Bisbal
- 15 Km from Girona
- 138 Km From Barcelona_

BOOKING CONDITIONS

DEPOSIT

To book your place on any program we require a deposit payment.

CANCELLATION POLICY

“Cancellation” is defined as not attending your scheduled with *Europe Yoga Retreats*.

Deposit is non-refundable but it can be transferable to another attendee.

Otherwise, depending on when you cancel, cancellation fees may apply. Fees are determined as following:

*If you cancel more than 30 days before your retreat start date, we will refund 100% of your payment

*If you cancel 15-29 days before your retreat start date we will refund 75% of your payment.

*If you cancel less than 15 days before your retreat start date, we will refund 60% of your payment.

*Note: Reservations are not effective until you receive a confirmation from the organization.

Signature

Date

Europe Yoga Retreats, *Breathe & Smile*

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Europe Yoga Retreats

Health Record

Last Name:

First Name:

Date of birth:

Address:

City:

Country:

Phone (+code):

e-mail:

Have you ever practiced yoga before? Please specify

Health Declaration

The text is written in the masculine form, but refers to women and men alike.

Please circle the answer:

Do you suffer from chronic diseases? No/ Yes. Please specify:

Did you have an accident / surgery / injury / hospitalization or any trauma that affects your health today?

No/ Yes. Please specify:

Do you suffer from any pain / injury / allergies / hypertension / hypotension / Other. Yes / No

Please specify

Recommendations for a healthy practice: Working with compassion to our body, avoid painful positions provided when the body needs rest, breathe and smile throughout the practice.

Wait three hours after a meal or two hours after a light meal.

Pregnant women should consult a doctor before practicing yoga and inform us.

* By my signature, I have read the document and understood its importance.

* All the information I have provided is correct and I am solely responsible for my own health.

Date: Signature:

www.europeyogaretreats.com