

SOUTH INDIA RETREAT
SWAMIMALAI, TAMIL NADU”
09.12.2018 – 16.12.2018

Yoga is essentially a “Sarvanga Sadhana”, a balanced practice in which “all parts are being equally exercised”.

This uniquely rewarding retreat will appeal to

those seeking answers on their inner journey
.....

regular Hatha Yoga practitioners as well as
beginners of all ages
.....

those who like to meet new friends and
engage in lively discussions; and
.....

those who like to experience the culture and
the flow of life in “Incredible India”
.....

During the retreat we will explore how to utilise
the insights and techniques of the practice to
get to know our body and ourselves better

and to bring about an equilibrium in body,
mind and spirit.



Airavatesvara Temple, Darasuram

The retreat offers a good mix of

Sun salutations and Yogasana practice,
.....
meditation and breathing practice
.....
discussions and lectures on spiritual,
cultural, health or motivational topics
.....
excursions to the great Chola Temples
and other nearby places of interest.
.....

Benefit from this retreat by learning

how to apply yogic principles in your life
.....
to understand your body and to adjust the
practice to your needs
.....
to increase awareness, focus, willpower,
flexibility as well as physical strength
.....



Unparalleled Beauty
Pullamangai Temple, Papanasam

INDeco Hotel

You will cherish the encounter with history within the unique setting of the INDeco Heritage Hotel in Swamimalai. and experience the rich cultural heritage of India up close and personal. The hotel is nestled between two villages and support s the local communities, culture, arts and crafts in various ways.



Arrival / Departure

Arrival at Tiruchirappalli Airport
on Sunday, 09.12.2018, morning by 10.00 am

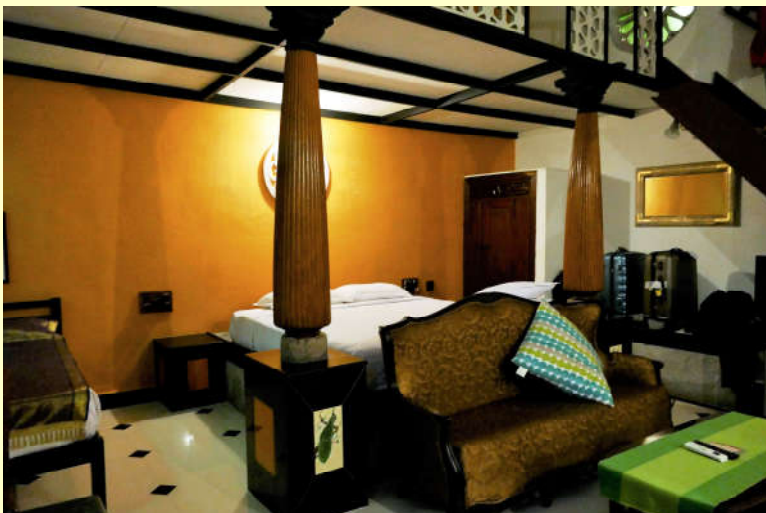
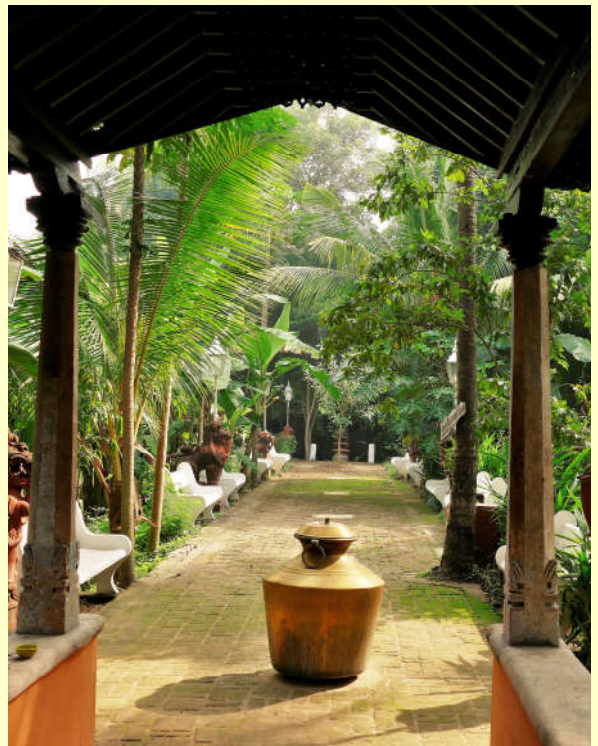
Departure from Tiruchirappalli Airport
on Sunday, 16.12.2018.
Coach arrives in Tiruchirappalli, in the afternoon.

What to bring

Please bring exercise pants and t-shirts, yoga mat, non-revealing outfits for temple visits, sunglasses, sunblock and walking shoes.

Travel insurance coverage is recommended.

Most importantly, bring along enthusiasm as well as a curious and open mind.



Pricing & Payment

Early Bird Price MYR 2950 (before 15.07.2018)
Deposit: MYR 1500 payable immediately to confirm your space
Balance payment: MYR 1450 payable by 30.09.2018

Regular Price MYR 3350 (after 15.07.2018)
Deposit: MYR 1500 payable immediately to confirm your space
Balance payment: MYR 1850 payable by 30.09.2019



Decree Coffee

Space is limited and will be allocated on a first come first served basis.

Price includes: 7 nights accommodation on a twin/triple sharing basis, vegetarian meals and snacks, all classes, lectures, all ground transfers, entrance fees in connection with the itinerary items.

Excluded are: Air fares, visa fees, single occupancy surcharge, any hotel upgrades, any extra orders of food and beverages besides those provided for the entire group as well as mini-bar items and telephone calls in the hotels.

Cancellation Policy

Cancellation by participant:

Deposits are non-refundable.

Payments made in excess of the non-refundable deposit are refunded 100 % for cancellations before 30.09.2018
are refunded 50 % for cancellations before 31.10.2018
are not refunded after 31.10.2018

Cancellation by organiser

In the event that the bookings do not reach the minimum number by 15.07.2018, the organiser reserves the right to cancel the retreat, with full refund of all deposits, but without accepting any liability for refund of any and all other costs incurred, such as flight tickets etc.



Making of the famed Swamimalai Bronzes



Lord Muruga, teaching his father Lord Shiva the Meaning of OM



Exploring the Surrounding Villages by Bullock Cart

REGISTRATION FORM

“Yoga2Self South India Retreat from 09.12.2018 – 16.12.2018”

Early Bird Price **MYR 2'950** **(Early bird price on twin sharing basis –before 15.07.2018)**
Payment due dates MYR 1'500 (deposit payable immediately to confirm your space)
 MYR 1'450 (balance payment due by 30.09.2018)

Normal Price **MYR 3'350** **(Normal price on twin sharing basis – after 15.07.2018)**
Payment due dates MYR 1'500 (deposit payable immediately to confirm space)
 MYR 1'850 (balance payment due by 30.09.2018)

Single Occupancy **MYR 1'000** **(Single occupancy surcharge payable by 30.09.2018)**

IMPORTANT NOTE: In the event that bookings do not reach the minimum number by 31.07.2018, the Organizer reserves the right to cancel the retreat, with full refund of all deposits, but without accepting any liability for refund of any and all other costs incurred, such as flight tickets etc. For cancellation by the participant and respective refund of payments made, please refer to Cancellation Policy outlined in the retreat brochure.

Full Name			
E-mail			
Address			
Phone no.	Mobile:	Office:	
Marital status			
Date of birth			
Nationality			
Occupation			
Emergency contact	Name:	Contact no:	Relationship:
Medical conditions:			
Have you practiced yoga before?	Yes:	For how long?	No:
Give details of practice:			
T-Shirt size:			

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I understand and acknowledge the fact that in Yoga, as in other forms of exercise, as well as in travelling there are certain inherent risks. I voluntarily participate in the retreat, yoga classes and other programs offered by Yoga2Self and agree to assume full responsibility for all risks, injuries or damages, known or unknown, which I might incur as a result of participating in said programs offered by Yoga2Self

I understand that it is my responsibility to consult with my health care professional in regard to my participation in the retreat, yoga classes or other programs offered by Yoga2Self before signing below. I release Yoga2Self, its owners as well as any person working as instructors, teachers, mentors or volunteers from all liability and hold them harmless for any injury to me or my person and for any damage or loss to my property incurred whether caused in or out of class, by negligence or otherwise.

I have read and understood the above and agree to the policy and agreement outlined herein.

Date: _____ Signature: _____

Kindly print hard copy, fill, sign and submit with payment details to: