

OTHER INFORMATION

- Package rates are subject to changes and availability when it is booked within 30 days of the retreat departure date
- Non-refundable 50% deposit required upon booking
- Remaining 50% is due 30 days before the retreat departure date.
- Kindly indicate twin or queen bed upon confirmation. These are subjected to availability of the resort. We will do our best to put in the requests.
- Additional charges apply for special meal requests
- Indemnity form must be completed prior to trip
- Participants are recommended to purchase their own travel insurance
- Yoga Classes conducted during the retreat are suitable for beginners and are based on Hatha style. Options may be given to more experienced participants during class. This is a retreat based on mindfulness / self-care hence inversions or advanced poses will not be taught.

