



~ Engage the Body and Open the Heart ~

A Yoga Retreat in the Beautiful Jungle of Costa Rica

February 27 - March 6, 2010

Personal Information:

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone Number: _____ Home___ Cell___ Work___

Alternate Phone Number: _____ Home___ Cell___ Work___

Your Email: _____

Emergency Contact Name _____

Relationship _____

Home Phone _____ Cell Phone _____ Work Phone _____

Please list any dietary issues you may have (Samasati will label the dishes if they contain any of the foods that cause issues):

Our first and last night will be spent in a hotel in San Jose. Please include your credit card information to reserve the room. (You can call us with the information if you are concerned about mailing or emailing your number: 651.649.4495. You can also leave it on the answering machine – we are the only ones that retrieve messages.)

Credit Card # _____

Name on Card _____

Type _____ Expiration _____



Trip Information:

If you aren't currently a student of the muses', what is your level of experience in yoga? _____



With whom would you like to room? _____

If you do not have a roommate, would you like me to match you with someone, if possible? Yes / No (We cannot guarantee a roommate. If we are unable to find one, you will be charged a single room rate.)



Travel Plans:

Book a flight into San Jose, Costa Rica. Plan on arriving on Friday, Feb 26th and departing Sunday, March 7, 2010. Then spend your first and last night in San Jose. It is possible to fly out on Sat if your flight is after 2pm. Please send the below information to inspiration@muselan.com. Samasati will use this information to arrange your reservation in a hotel for the night (if necessary) and transport from San Jose to the retreat center. The cost of transport is between \$40 to \$60 each way. (If you can find a flight that gets you in by 2 pm on Saturday, February 26th, you can make it to the retreat center on the same day but your transport will be more expensive.)

Please send your arrival and departure information to inspiration@muselan.com as soon as you have it. Thank you!

Arriving in San Jose:

Airline and Flight Number: _____

Arrival Date: _____ Arrival Time: _____

Departing San Jose

Airline and Flight Number: _____

Departure Date: _____ Departure Time: _____



Payment Information

Receive 10% off with payment by January 31st

Your investment includes:

- 7 nights accommodations
- 3 daily meals (gourmet, vegetarian! The desserts are spectacular!)
- 2-3 daily yoga/meditation classes
- 1 class in Belly Dance and Core Strength
- 1 Ignite Your Life Workshop: Ignite Your Life is a powerful program designed by Laura combining the beauty of yoga with the power of your imagination to create the life of your dreams. This workshop is an introduction to using yoga to help you release what is no longer serving you, build your personal strength to step into the life of your dreams, and to release with gratitude and grace to the present you already have.

Not included in the fee:

- Airfare to San Jose, Costa Rica.
- First and last night stay in hotel in San Jose, if necessary.
- Travel to and from Samasati from the airport.
- One-on-one sessions of Life Coaching, EFT, and Intuitive Readings

(*Second amount reflects the 10% discount. Pay by 1/31 to receive the discount!)

<p style="text-align: center;"><u>Bungalow:</u></p> <p style="text-align: center;">\$1979/\$1799*: Single occupancy</p> <p style="text-align: center;">\$1649/\$1498*: Double occupancy, per person</p> <p style="text-align: center;">\$1489/\$1349*: Triple occupancy, per person</p>	<p>Bungalows: All bungalows (except #3, #6, #7 that do not have a loft) have a loft, a veranda, and a private bathroom with shower and hot water. For the triple occupancy we usually leave a double bed upstairs and a double or two single bed downstairs.</p>
<p style="text-align: center;"><u>Guest House Deluxe:</u></p> <p style="text-align: center;">\$1539/\$1399*: Single occupancy</p> <p style="text-align: center;">\$1439/\$1309*: Double occupancy, per person</p>	<p>The Guest House Deluxe is located between two huge Javillo trees. It is 250 meters from the restaurant. Three bedrooms with king or queen size beds on the second and third floor of the house are sharing one bathroom (hot water) and 2 ample verandas allow you to have a majestic view of the jungle and of the sea.</p>
<p style="text-align: center;"><u>Guest House Standard:</u></p> <p style="text-align: center;">\$1464/\$1329*: Single occupancy</p> <p style="text-align: center;">\$1355/\$1229*: Double occupancy, per person</p>	<p>Guest House Standard is located in a sweet jungle valley favored by toucans, monkeys and dazzling butterflies. Five double rooms, each with two single beds, open onto a spacious veranda with cozy, inviting hammocks. Shared bathrooms with hot water are located at each end of the Guest House.</p>

Please note that housing is limited.
Be sure to register early to ensure the room you want!

Make checks payable to: CHL

Send to: CHL -- P.O. Box 46143 -- Eden Prairie, MN 55344

Refund Policy: No refunds after December 31st. Previous to Dec 31st, you will receive a full refund minus a \$150 administration fee.

Total enclosed: _____

Agreement of Release and Waiver of Liability

(Please sign & return with registration form)

I, _____, hereby agree to the following:

1. That I am participating in the Yoga Classes offered by the yoga educators, Laura Erdman-Luntz, E-RYT(500), Marya Asher RYT(500), and Karen Peterson RYT(500), during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Costa Rica Yoga Retreat and all of its classes and activities. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in any of these activities.
3. In consideration of being permitted to participate in the Costa Rica Yoga Retreat and its activities, I knowingly, voluntarily and expressly waive any claim I may have against Senja, Inc., musélan, and their officers, employees and agents for injury or damages that I may sustain as a result of participating in the retreat.
4. I, my heirs and legal representatives forever release, waive, discharge and covenant not to sue Senja, Inc., musélan, their officers, employees, and agents for any injury or death caused by their acts or omissions, including any negligent acts or omissions.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Date: _____

Signature of Participant: _____

Witnessed by: _____