

4 Night Retreat Firooza Ali Razvi

April 4 -8th 2018
Mount Madonna, CA

- Suggested arrival time 4pm followed by dinner at 5.30pm on Wednesday April 4th
- Departure at 1pm on Sunday April 8th

Tuition: Early Bird \$410 (before January 1st 2018) Full Price \$550: Includes 5 days of classes, there will be class the evening of arrival and morning of departure. An example schedule below:

6.15 - 8 am Pranayama Class

8.15 am Breakfast

10.15 am - 12.15pm Asana Class

12.30 - Lunch

3.15 - 5.15 pm Restorative/Philosophy

5.30pm - Dinner

*Some evenings there will be a philosophy dialogue after dinner.
There may be one afternoon free with the restorative/philosophy class after dinner.*

What to Bring: All props are provided, if you have an eye wrap please bring one and **BRING A TOWEL**. It is also suggested that you bring a **flash light**. *You can buy towels there if you forget.*

Mount Madonna: The Center is located in the Santa Cruz mountains midway between Watsonville and Gilroy with a spectacular view of all Monterey Bay. The 355 acres of open meadows and redwood forests include hiking trails, a small lake for swimming, a hot tub and massage and herbal steam bath facilities. www.mountmadonna.org

Accommodation Pricing

Commuting (non-residential): \$240

Tent/Van: \$288

Dormitory: \$420

Triple: \$456

Double: \$520

Double with bath: \$572

Single: \$652

Single with bath: \$776

Booking Form (Please copy and paste into an email)

Name:

Address:

Zip Code:

Email address:

Phone number:

Contact name & number for emergencies:

Accommodation Preference (subject to availability):

Special Food requirements:

(Mount Madonna serves vegetarian food always with Gluten and dairy free options)

Medical Conditions:

Deposit Paypal transfer amount: **\$410** Early Bird **before January 1st 2018**, Full Price \$550
PLEASE SELECT THE FRIENDS AND FAMILY OPTION

Accommodation due before 2/1/2018 or can be paid now

TO BOOK:

- Please first check with us that there are still places.
- Pay tuition fees of **\$410** Early Bird **before January 1st 2018**, Full Price \$550
(non-refundable after February 1st, unless you find someone to take your space)
- **Please pay through the paypal: Jennifer MacGregor Dennis: [paypal.me/solasyogi](https://www.paypal.me/solasyogi)**
PLEASE SELECT THE FRIENDS AND FAMILY OPTION
- 2nd installment to cover your **choice of accommodation** due by the 1st of February 2018.
- Please email this completed form together with confirmation of your payment to:

solasyogi@gmail.com

*NB: *Cancellation policy: Your non-refundable deposit needs to be in at the time of booking. We will not be able to give any refunds during the 8 weeks prior to the event, unless you find someone to take your place.*

Thank you and we look forward to being with you on retreat.