

Karma Yoga Retreat with *Waves of Hope* and *Yoga for Mental Health*

El Coco Loco, Nicaragua

December 3rd – 10th, 2016

Included in your confirmed Retreat Registration:

- ❑ 7 nights at El Coco Loco Resort in eco-friendly cabanas, each with private bathroom and open-air shower
- ❑ Group shuttle from Augusto C Sandino Airport (MGA) in Managua, Nicaragua on December 3, 2016 returning on December 10, 2016.

Managua to El Coco Loco is about a 3 hour drive. We recommend arriving in Managua a day ahead, on December 2, and staying at the either the Mercedes Best Western or Camino Real in Managua since both are very close to the airport. Our drivers will pick us up at those hotels and/or at the airport around 11am for the transfer to Coco Loco.

We will be departing Coco Loco around 7:30am on Saturday, December 10 so we can expect to be back at the Airport by about 11am.

- ❑ All meals (Breakfast, 2nd Breakfast, Lunch & Dinner), tropical fruits, freshly baked breads, healthy snacks and raw desserts. Delicious vegetarian options.
- ❑ All non-alcoholic beverages including smoothies, fresh fruit and vegetable juices
- ❑ Daily yoga and meditation practice for all levels, Beginners are welcome

Guided by Margi Clifford, *E-RYT, LPC*, yoga therapist from Anchorage, Alaska (www.yogamargi.com) and a team of smart, sensitive and often silly yogis, including her husband Scott.

- ❑ Group practice in a beautiful raised open-air studio with views of the ocean.
- ❑ Chocolate making workshop (90min) from Bean to Bar with fresh cacao!
- ❑ Sunset guided hike up Volcan Telica to see the lava
- ❑ Beach access, surfboard rentals available
- ❑ Opportunity to get involved with local non-profit organization, Waves of Hope, whose mission is to improve the quality of life of their local community through education, development and volunteer efforts.

Investment:

- Shared Cabana (double or triple occupancy) \$2000 USD
- Private Cabana (limited) \$2500 USD

Deposit: \$600 deposit due at time of registration to secure your spot

Remainder due: by October 15th, 2016 (*note there is a 3% fee for using a credit card). You can expect to be billed by our office for your remainder due.

Payment: You can send payments via PayPal to yogamargi@gmail.com, or, mail to: Yoga for Mental Health, 101 E 9th Ave. Suite 3A, Anchorage, AK 99501.

Cancellation Policy: 50% of your deposit will be refunded if you cancel your registration by August 31st, 2016. Otherwise, payments are non-refundable. Full payment is due by October 15, 2016 and is non-refundable.

Travel Insurance: Please obtain travel insurance (usually available when you book your trip or from your credit card company) to help recover any losses incurred by unexpected events. Yoga for Mental Health cannot assume any liability for losses.

What's not included:

- Transportation to Managua, Nicaragua from your place of origin.
Please assure your arrival in Managua by 11am on Saturday, December 3, 2016 in order to catch the group shuttle to our site.
- Accommodations in Managua, Nicaragua
We recommend arriving in Managua no later than December 2 and staying at either the Mercedes Best Western or Camino Real in Managua (both are very close to the airport).

A little bit more:

For those of you who have not practiced with us before, you should know that Margi and Yoga for Mental Health therapists and teachers are wholly inspired to support and encourage your ease and joy on retreat. Yoga and meditation classes with therapeutic intention will be offered at different times during the day and with different intensity levels to allow you to personalize your practice. If you anticipate needing any special accommodations, please let us know as soon as possible. The modest resort has inviting communal areas and lovely private or semi-private bungalows so that you can find just the right amount of personal space. If you have any questions or concerns about your ability to travel independently and/or to participate in group activities, please let us know. We are delighted for the opportunity to connect! OM