

15 days of pure relaxation – an energetic holiday in the north of Goa with Christine Rebhan from 7th – 21th January 2012

...astonishing beach, wonderful yoga retreat, a diversified Yoga and self-experience-programme, sunny days and much more to discover...



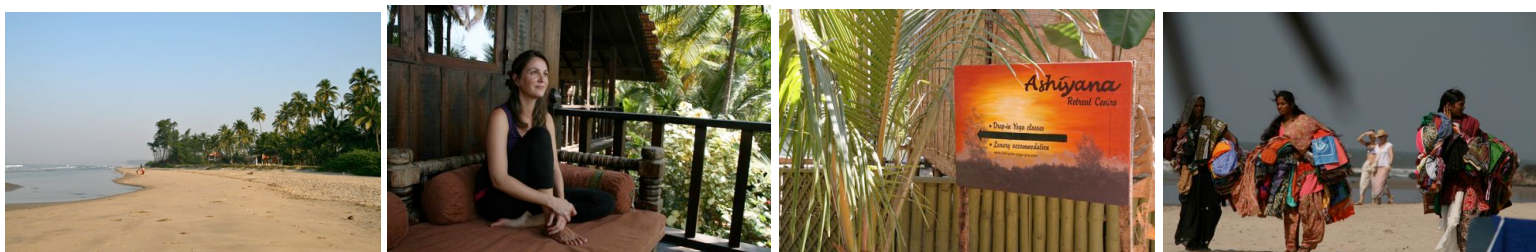
The Ashiyana Yoga Retreat Centre provides absolute calmness and a feeling of security for deep relaxation. It is a perfect starting point to discover the various little towns /cities and markets in the area. The wonderful beach is just a 2 minute walk away from the retreat centre. In the village, there is a little shop where you can buy almost everything you could „wish“ for. I can highly recommend the indian cosmetic products like soap, toothpaste and bodylotion. Leave some free space in your suitcase, because it is a fantastic feeling to travel as lightly as possible.

More Information:

- 15 days in wonderful ECO-Lodges with own bathroom / or nice beach huts with shared bathroom
- 14 x 2 hours morning-programme / 7 x 2 hours afternoon programme
- half board / with extraordinary breakfast buffet and dinner-buffet with indian and western vegetarian cuisine / fish and chicken are served twice a week
- free: ginger lemon honey and chai tee as well as filtered water from the centre ´s own well
- individual pick up to and from the airport can be organized (20 Euro, depending on the exchange rate)
- individual arrival and departure dates will be securely transfered to the center for you, if different from the date above (+ 15 Euros p.P. organizing fee)
- the center is only 90 minutes away from goa airport
- ayurvedic treatments and massages are offered in the center

price per person in beach hut /single occupation
 price per person in eco lodge /double occupation
 single occupation in eco lodge + 200 Euro per week
 (Excluded: Flights, insurance, and personal activities)

635,50 Euro 1 week / 1.271,00 Euro 2 weeks
 750,50 Euro 1 week / 1.501,00 Euro 2 weeks



Reservation:

Save your spot and book now at info@yoga-rebhan.de. (until 1th of November 2011)

If you have any questions, please do not hesitate to contact me.

Any requests made after this time will be accepted if provided accomodation is still available.

Deposit:

The diposit is 350 Euro for one week and 700 Euro for two weeks and due at the time of your booking. It is non-refundable. Please pay the complete balance by the 7th November 2011.

Payments are made via electronical transfer.

Bank account:

Postbank Essen - Christine Rebhan, Account-number: 967 145 437 banc code: 360 100 43

Note to payee: GOA 2012

IBAN: DE91 3601 0043 0967 1454 37 / BIC: PBNKDEFF

All bank transfer fees must be covered by the applicant.

Cancellation policy:

For 90 days or more prior to the retreat, your entire payment will be refunded, less your deposit and 100 € administration fee.

For 60 days prior to the retreat, payments are strictly non-refundable. No exceptions.



Begin 8th Jan. / with the morning programme
End 21th Jan after the morning programme / breakfast

Daily programm + 7 times afternoon programm:

08:00 – 08:30	optional: morning - meditation & pranayama, short break for Chai tee
08:30 – 10:00	morning programm with energetic asanas
10:00 – 11:00	breakfast
11:00 – 16:30	free time
16:30 – 18:30	every second day afternoon programm
19:00 – 20:30	dinner

Explanations:

There will be a 2 hour morning lesson every day and every second day a 2 hour afternoon lesson which gives you more flexibility for your holiday. So you will have enough free time to travel around and enjoy the positive effects of the programme. In the mornings there will be mediation & classical pranayama followed by energetic asanas, which gives you a jump-start on your day.

The afternoon session is dedicated to Patanjalis Yoga Sutra in combination with Gestalt and some regenerative asanas. Explore philosophy in action, mainly through working in group settings. The retreat will be held in english with the possibility of German translation if necessary. This is also a good possibility to improve your English, if you attend as a non native speaker. Yoga for ESL (English as second Language)

Recommendation:

- at least 2 weeks stay in incredible india
- book your flights with Qatar or Emirates.
- check the waiting hours in between the connecting flights
- check the experiation of your passport, the date needs to be valid for at least 6 month prior to your entry into India
- You need a visa for India. In Munich the place to go is:
**India Visa Application Center, Cox and Kings GmbH,
Bruderstraße 5a, 80538 München**

I am looking forward to meeting you there...



Namasté Christine

Cancellation policy:

Please inform me immediately if for any reason your attendance is at risk. For 90 days or more prior to the retreat (any cancellations made after the 9th of Octobre 2011 until the 8th of Novembre 2011), your entire payment will be refunded, less your deposit (the deposit is non-refundable) and 100 € administration fee. 60 days prior to the retreat (as of the 9th of Novembre 2011) cancellations, non-appearances or leaving earlier than the official programme ends on the 21.January 2012, payments are strictly non-refundable. No exceptions.. If you provide an alternate attendee, an additional payment of 25,00 Euro as an organisational fee is due. There is no right of reimbursement if parts of the event are not taken part.

Disclaimer for damages:

The organizer- Mental Coaching -Christine Rebhan (in the following context referred to as organizer), the retreat center, and event coordinator, shall not be responsible for any injuries, damages, or losses caused in connection with terrorist activities, war, insurrection, social or labor unrest, mechanical or construction difficulties, diseases, local laws, climatic conditions, abnormal conditions or development of any other actions. By making deposits and/or full payment for any flight/retreat/programme, the client acknowledges the position of the organizer as described above and agrees to hold the organizer harmless as a result of our effort to provide the client with arrangements requested on its behalf.

Each client voluntarily assumes all risks and is advised to obtain appropriate insurance coverage.

It is the responsibility of the client to obtain the documentation required for their trip such as passports, visas, birth certificates and photo identification. If a natural disaster, unavoidable accident, strike or other labor dispute, fire, riot or civil commotion, government action or decree, inclement weather or any other event beyond the control of the organizer makes it impossible or illegal to provide the event, etc., then the organizer is not obligated to the client in any manner. Your attendance is taken by your own individual responsibility. If the event doesn't take place because of less attending people, illness of the organizer or any other important reason, you will be informed in time and your attendance amount will be repaid. Any other requirements cannot be tanken.

Please inform me before the retreat/sessions, about your health conditions, if necessary. Any information (menstruation, injuries, illnesses) is important for your own personal protection and to make the programme as healing as possible for your body. Small changes in the programme are possible. You will be informed in time.

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