

NATURE & NURTURE COSTA RICA RETREAT

MARCH 3 - 10, 2012

REGISTRATION

(separate form required for each traveler)

Name and expiration date as shown on passport:

Name.....Expiration.....

Date of birth: ..... Gender: (M)..... (F).....

Email: ..... Phone(s): ..... (home)  
..... (mobile)

Address: .....

City: ..... State: ..... Country: ..... Zip: .....

Occupancy desired: ..... Double/Triple ----- shared bath \$1399\*  
..... Oceanfront Double occupancy – private bath \$1799\*  
..... Single occupancy – shared bath \$1799\*  
..... Single occupancy – private bath \$1990\*

\* Transportation not included

Roommate request: Name: .....  
queen ..... 2 doubles .....

Traveling solo, please select a roommate for me: .....

Dietary restrictions: vegetarian .....vegan .....allergy ..... other\* .....  
\*please specify

*\$500 non-refundable deposit due with registration form. Balance due January 15, 2010.*

*Deduct \$200 if registration and complete payment is received by October 1, 2010.*

*I understand and agree that there will be no refund after January 15, 2010 unless my spot is filled from a waiting list.*

Signed..... Date.....

Make checks payable to: Yoga by Design  
PO Box 1055  
Birmingham, MI 48012

*Once registration form has been received, details will be provided concerning items to pack, flights to and within Costa Rica, accommodations in San Jose (if needed), & daily itinerary.*

*We look forward to sharing this experience with you! Barbara Prinzi & Lynn Medow*