**Back to Bali YOGA RETREAT: October 1 – 8, 2022
2022 REGISTRATION + TRAVEL DETAILS
Complete one form per person booking**

 **Circle preference: SINGLE ROOM** (Single supplement applies)

 **TWIN/DOUBLE Room:** Sharing with…………………………………………

**Registration deposit:** $600 to BSB: 062197 Account: 1026 8120 **Date paid**:………………………

**Balance of payment due August 15th please**

**Personal information**

Name: *………………………………………………*…*……………………………………………...…………*

E-mail address: *………………………………………………*…*………* Daytime phone number:*….…………………….*Preferred name.………..………………….………… Age………… Date of birth………………

Mailing address………*………..……………………………………………………………………*

Mobile…………*……………………………*Name of emergency contact person.*……………….……* Their relationship to you *………………*Emergency phone number*……………………………...…* How many times have you been to Bali?.................

**Part 1 – Retreat readiness –** *attach extra paper if necessary*

1. Are you or suspect that you are pregnant? ……………………………………………………

2. Are you recovering from a major illness? *………………………………………………………*

3. Have you recently had surgery? *…………………………………………………………*………

4. Do you have a medical condition or injury? .*…………………………………………………*

5. Are you currently on any medication including anti-depressants? …*……………………

………………………………………………………………………………………………………..*

*6.* In a few words, why you are joining this retreat? ……….*…………….……………………….*

*……………………………………………………………………*…*…………………………………….

…………………………………………………………………………………………………………………*

7. What do you enjoy most about yoga? ……….*………….…….…………………..………………..*

*……………………………………………………………………*…*………………………………………*

8. How would you like to feel at the end of this retreat? ……….*………….…….…………………*

*……………………………………………………………………*…*…………………………………………*

*……………………………………………………………………*…*…………………………………………*

*9.* Briefly describe your yoga experience/style, frequency/interest ……………………………………

…………………………………………………………………………………………………………………

**Part 2 - Current Sports or Activity**

I exercise by.*………………………………………………………………………………………………*

How often do you do this activity?.*………………………………...…………………...…………….*

**Part 3 – ‘Fess up now!**

Is there anything of importance that you think we need to know, to help you enjoy this retreat safely?
Please include any food allergies or special diet requirements

………………………………………………………………………………………….……………………

*…………………………………………*…*………………………………….………………………………*

Are you aware of any reason/medical condition/dependency that might prevent or affect you participating
in this retreat? ……………………………………………………………………………………………………

**Disclaimer**

Mark O’Brien and the management of Narasoma, Bali accept no responsibility with respect to any liability, loss or injury arising from or in connection with any activity or exercise program, or use of facilities associated with any activity or exercise program at Narasoma, whether arising as a result of its negligence or otherwise.

I am physically and medically fit to proceed with the normal routine or exercise and acknowledge that

Mark O’Brien and the management of Narasoma, Bali, will not be held responsible to the extent permissible by law, to myself or by any other person acting on my behalf or an estate’s behalf for any injury or loss suffered by me for any reason whatsoever. Mark O’Brien and the management of Narasoma, Bali will furthermore not be held responsible to myself or by any person acting on my behalf or any estate’s behalf for any theft, loss, damage, or injury to property of person(s) whether through any negligence or omissions on the part of the management of Narasoma, Bali or any reason whatsoever.

I Acknowledge:

• I am over the age of 18 years

• That yoga is a form of exercise

• That I have read all information regarding the Yoga retreat program provided by Mark O’Brien

• I have truly and confidentially disclosed:

a) Any condition which might affect my ability to participate in a class

b) The type of medication I am taking, if any

• If there is a change in my ability to exercise without pain or the possibility of causing injury I will notify

Mark O’Brien immediately

• I undertake to notify Mark O’Brien if any of the following things occur

a) I am, or suspect that I am, pregnant

b) I am under the influence of alcohol or any drug

c) I am injured or feeling unwell or feel the onset of flu or cold-like symptoms

d) I have changed my medication since previously notifying Mark O’Brien

e) I experience any pain on exertion or during an exercise

f) I am receiving treatment from another professional (medical or paramedic included)

• That any advice provided is intended for my specific benefit only

• That any advice provided is intended for the duration of the program only and that I will seek appropriate professional instruction if I intend to make longer term changes to my diet, exercise and/or lifestyle”

**I accept the above terms and conditions.**

**Signed Witness**

Print name ………………………………………….. Print name ………………………………………….

Signature ……………………………………….…… Signature …………………………………………….

Date …………………..…………………………….. Date ………………………………………………….

**Travel details to complete nearer the time:**

**Arrival day/date in Bali**…………………………………………… Flight No:…………………

**Arrive from which city**:……………………………..

**Departure Day/Date from Bali**:…………………………………. Flight No:…………………

**Have you taken out travel insurance?** (strongly recommended) Yes/No

**Do you have at least 6 months validity on your passport after October 1st?** Yes/No

**Are you vaccinated for COVID?** Yes/No
(Currently quarantine is NOT required for fully vaccinated travellers who test negative on arrival. Indonesian policies and restrictions may change and we are not responsible for changes

**Do you need extra nights at Narasoma (requested dates)….......................................................................**
We can get preferential rates for you if space is available.

**Airport Transfers to Narasoma Resort**

Your package includes airport transfers directly to and from the airport only. We will advise details nearer the time.

If you choose to arrive from somewhere within Bali or continue onwards to within Bali transfers are not included…sorry.

Extra nights at Narasoma (before or after retreat) may be possible depending on availability. Please ask and I’ll let you know costs and availability.

**Return forms to Mark O’Brien**

**Email:** **yogimarkob@gmail.com** **Mobile: 0410 334899**

*Please complete and hand or email to Mark O’Brien (*yogimarkob@gmail.com) *at least 2 weeks BEFORE departure.*

*We will treat this information confidentially. Your details will not be released or revealed to any other person unless authorised by you.*

*Remember as this program focuses on you, carefully complete all questions.*

**A typical day’s schedule:**

* 7.00 – 8.30am morning yoga and pranayama in your beautiful rooftop yoga shala
* 8.30am: healthy buffet breakfast overlooking the pool
* 10.30 – 12pm alternate days: optional meditation and sessions on the history and practice of yoga
OR
free time for spa treatments, shopping, local excursions
* One day includes downhill cycling (braking) expedition from the volcano down to sumptuous lunch in Ubud!
* Approx 4.30pm – 5.45 pm : rejuvenating restorative yoga practice
* Dinner at your leisure, in the many nearby healthy restaurants

 **The Details & Inclusions:**

* 7 nights’ accommodation double/twin room with en-suite (including cooked breakfast and air-con) in stunning central Ubud Yoga Resort.
* Airport transfers to/from the resort.
* 23 hours of varied yoga practice, instruction, discussion, meditation and more
* Welcome and Farewell dinners in Ubud
* 1 hour massage or spa treatment
* Downhill cycling tour
* Free time to explore and enjoy glorious Bali culture, food and excursions.
* Full Yoga notes are provided from the talks and daily themes explored.

**What does it Cost?**
Twin-Share: AUS$1550 (booking deposit $600)
Single room: AUS$1950 (booking deposit $600)

Full Balance due by August 15, 2022

**About Narasoma resort:**A peaceful sanctuary right in the heart of Ubud. There are 8 air-conditioned twin-share or double rooms all with en-suite. Built in traditional Balinese-style with generous balcony and beautiful gardens.

Facilities include a roof top yoga studio, workshop area, communal kitchen, dining area, swimming pool, meditation cave and spiritual library, gardens and divine spa treatments.

We are located 100m from the soccer pitch in central Ubud off Monkey Forest Road within easy walk of literally 100’s of amazing cafes, bars, restaurants and shops, temple dancing and other cultural icons.

**Yoga Sessions: what to expect**Enjoy a well-earned, healthy holiday in gorgeous surroundings and practice yoga & meditation twice per day.

Bali is the perfect backdrop to experience the magic of yoga. Mark is so generous with his knowledge and gentle in his practice….we learned a lot about oursleves and we still had a holiday
There is no compulsion to attend all sessions, but they will build sequentially as your week unfolds.

Mornings offer creative, flowing asana sequences, sun salutations, and invigorating pranayama (breathing) practices, with time for deep relaxation.

Afternoons will be individually-tailored restorative or Yin yoga session to give a totally yummy boost of energy and sense of well-being!