



Three Day Elevate Retreat



Full name

Address

E-mail

Telephone

with country code

Retreat details

Room preference:

Single

Double

Triple

How did you
hear about this
retreat?

Social Media

E-mail

Word of mouth

Other:

Health and fitness

Level of yoga

Beginner

Intermediate

Regular practitioner

What are your
expectations for
this retreat?

Do you have any
health conditions
that we should
be aware of?

Yes

No

If yes, please
specify:

Do you have any
food restrictions
(allergies/
intolerances)?

Yes

No

If yes, please
specify:

Contact person in case of emergency

Full name

E-mail

Telephone

with country code

Three Day Elevate Retreat

Travel information

Please send your flight/train info as soon as possible

Are you arriving by

Train Car Plane

Other, please
specify: _____

Are you planning
to rent a car?
Or take the train
from the airport

Yes renting a
car Yes, train for
airport No, neither

Do you need us
to arrange
airport pickup
from Rome?

Yes No

Rates

Regular Rates:

Single room
€1050/pp
Double bedroom
€890/pp
Triple bedroom
€690/pp

Early Bird Rates:

Single room
€950/pp
Double bedroom
€790/pp
Triple bedroom
€590/pp

*Early bird pricing available until December 15th 2023.

General Conditions

In choosing to register for this retreat, I assume responsibility for my physical health and affirm that my physical condition allows me to participate in the proposed activities. I will advise the organizers of the retreat should my health status change.

Change in program or cancellation of the event by the organizer:

The retreat will be cancelled if the minimum number of participants is not reached (in this case, 6 participants). The retreat costs will be entirely reimbursed in the case of cancellation. We reserve the right to change the schedule of events in the program should unforeseen events arise that constrain us to do so. If any changes need to be made, we will let you know as soon as possible.



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General Conditions

Early departure from retreat:

If you decide to leave the retreat early for any reason there will not be the possibility of reimbursement, even partial. However, if the conditions are appropriate we could agree to a credit to be used during a future retreat.

Payment Details

To reserve your place, please return this registration form along with the deposit of 100 % of retreat cost sent by bank transfer. This deposit is non-refundable. Space is limited and completed registration forms will be confirmed in the order they are received.

The balance must be paid at the latest by January 31, 2023

Bank Details:

INTERNATIONAL HEALTH CENTER ROME SRL: IT06J0200805031000105162747

Paese: IT

CIN/EU: 06

CIN/IT: J

ABI: 02008

CAB: 05031

Numero C/C: 00000105162747

BIC/SWIFT: UNCRITM1015

Or

PayPal: tere.fracasso@gmail.com

Upon signing this form, I affirm that I have read and understand the general conditions listed above and that all the information provided is accurate.

_____ / /
Place

_____ / /
Date

Signature

We look forward to seeing you in Umbria!

Teresa & Morgan

liftedlivinginfo@gmail.com