

**Adventure to the Caribbean! A Costa Rica Yoga Retreat  
October 22 – 29, 2023**

Trip Participant Agreement Terms and Conditions (4 pages)

**Reservations:** A \$700 deposit per person will secure space on a first come basis with the balance due on or before July 31, 2023. The total cost for “Adventure to the Caribbean! A Costa Rica Yoga Retreat” (the “Trip”) is \$1,597 per person for double accommodation.

**NOTE:** To receive the double accommodation rate there MUST be another person sharing the room. Please make checks payable to: Tasting Mindfulness, LLC.

**Late registration:** Trip participants may register after July 31, 2023, space permitting, however payment in full is required at the time of registration.

**Trip Price Includes:**

**Yoga and meditation:** Daily morning yoga posture classes appropriate for students of all levels of experience, led in the Kripalu tradition, a late afternoon yoga/meditation/movement/workshop experience on most days, and an after-dinner circle in the evenings.

**Accommodations:** Accommodations are assigned on a first-come first-served basis. Everyone will get a bungalow but there are some differences in each accommodation.

**Meals:** Breakfast, lunch, and dinner at Tierra de Sueños. All meals are vegetarian. You may purchase for \$40 an animal protein option which would come with four dinners with chicken or fish. The food is fresh, delicious, and locally sourced. Accommodations can be made for other food allergies.

**Transportation:**

**GOING:** You make your own airline reservations to San Jose airport (Airport code SJO). I will be arriving on Saturday, October 21, and staying at the Hampton Inn in Alajuela (next to the airport). Then we will take a group shuttle on Sunday, October 22, to arrive by dinner on that evening. We will have lunch along the way. Shuttle transfer is 4-1/2 to 5 hours and includes a stop for an optional meal. Shuttles are usually between \$40-50 one way. **OPTIONAL:** You can also take a white-water rafting trip to the retreat center. See me for more information.

**LEAVING:** A shuttle (leaving at 6 or 8 am) on Sunday, October 29, will get you to the SJO airport by noon. There is a puddle jumper at 7:30 am for a 40-minute flight to SJO.

**Excursions:** Several optional group excursions can be arranged by Tierra de Sueños and an extra fee is charged.

**Trip Price Does Not Include:** Round-trip airfare to Costa Rica, passports, meals in transit or outside of Tierra de Sueños and wellness services, gratuities, and any items of a personal nature.

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**Cancellations/Refunds:** All requests for cancellation must be submitted in writing to the Trip Organizer (and received by the dates listed below). Regardless of the reason, cancellations result in additional costs and processing time for the Trip Organizer.

The following charges will be assessed for cancellations:

Until April 15, 2023 – Refund with cancellation fee	\$50 cancellation fee
After April 15, 2023	\$700 is nonrefundable
After July 31, 2023	Trip is nonrefundable

If the participant leaves the Trip prior to its conclusion, refunds will not be made for the unused portion of the Trip. No refunds will be made for any excursion, meal, yoga class or workshop or other activity that the participant misses or decides not to participate in for any reason. The Trip Organizer reserves the right to cancel the Trip prior to departure. If such cancellation is NOT due to circumstances beyond the Trip Organizer’s control, such as war etc. as set forth below, the Trip Organizer will refund all payments, constituting full settlement with the participant. No compensation or refund will be made when cancellation arises before or during the trip from circumstances beyond our and/or our suppliers’ control (force majeure) such as war, strife, civil disobedience, strikes, terrorist activity, adverse weather conditions, fire, natural disasters, etc., unless or until the Trip Organizer is able to recover any Trip-related sums. In the event of cancellation arising from circumstances beyond our control as set forth above, Trip-related sums recovered by the Trip Organizer will be distributed equitably to the participants after the Trip Organizer deducts all out-of-pocket costs and related expenses.

**It is recommended that participants purchase their own trip cancellation insurance.** The Trip Organizer is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the trip itinerary as a result of circumstances beyond our and/or our suppliers’ control such as war, etc. as set forth above.

**Nature of Trip:**

**This Trip is yoga and meditation-based.** Accordingly, participants are strongly encouraged to fully attend the yoga and meditation offerings provided. All participants are encouraged to approach the Trip with a spirit of openness and adventure. The nature of the Trip is not suitable for children.

**Passport:** A passport must be obtained in advance. Each participant is responsible for determining their specific passport requirements and for obtaining the necessary documents prior to departure. Non-U.S. citizens must consult with appropriate consulates to determine if any visas are needed.

**Medical Insurance:** Each participant is responsible for checking with their current health insurance provider and insuring that they have adequate medical coverage. Participants must carry their insurance documentation while on the Trip.

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**Photographs/Videotapes:**

The Trip Organizer will be photographing and/or videotaping the Trip. The Trip Organizer reserves the right to use any such photographs/videos in its advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Trip Organizer and its representatives from any liability in connection with any such use of such photographs and videotapes.

**Release/Responsibility:**

The participant, by signing this Trip Participant Agreement, agrees that the Trip Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations, accidents by aircraft, boat, bicycle or motor vehicle, or in any restaurant or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes in transit, or villa services; missed airline or other transportation connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary. The participant agrees to assume all risks associated with the Trip and agrees that no liability will attach to the Trip Organizer, its employees or agents, or to any member of the trip in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Trip, howsoever caused. By signing this Trip Participant Agreement, the participant releases the Trip Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth. The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), and accident insurance.

For the benefit of everyone on your trip, the Trip Organizer reserves the right to accept or reject any Trip participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Trip, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Trip. The Trip Organizer will have no responsibility or liability for any participant who leaves the Trip prior to its conclusion or for any activity undertaken by any participant which is not included on the Trip itinerary.

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I/we have read and understand the foregoing Trip Participant Agreement for: "Adventure to the Caribbean: A Costa Rica Yoga Retreat" and, by making my advance payment as set forth below, agree to the terms thereof.

Please reserve my/our space:

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please Print: Name \_\_\_\_\_  
(as it appears on passport)

Name \_\_\_\_\_  
(as it appears on passport)

Address \_\_\_\_\_

City/State (Province)/Zip (Postal Code) \_\_\_\_\_

Country \_\_\_\_\_

Telephone: Days \_\_\_\_\_ Evenings \_\_\_\_\_

Email: \_\_\_\_\_

Name of Emergency Contact: \_\_\_\_\_

Telephone of Emergency Contact: Days \_\_\_\_\_ Evenings \_\_\_\_\_

Enclosed is a check or money order (US funds only) in the amount of \$ \_\_\_\_\_, as  
\_\_\_\_\_ Payment in full or \_\_\_\_\_ Deposit

NOTE: Check or money order in US funds should be made payable to: TASTING  
MINDFULNESS, LLC

Please sign and initial each page of the Trip Participant Agreement. Fill in all required  
information above and return the entire Trip Participant Agreement with your payment to:

TASTING MINDFULNESS, LLC  
7 Spring Valley Road  
Columbia, MO 65203