



Journey Application

_____ Date

Guest Information

Title _____

First name as shown on passport _____

Middle name as shown on passport _____

Last name as shown on passport _____

Preferred name _____

Guest Contact Details

Country _____

Address _____

City _____

State or Province _____

Zip Code _____

Email Address _____

Primary Phone Number _____

Alternate Phone Number _____

_____ Date

Marital Status _____

Occupation _____

Are you sharing this room with a guest? _____

Flight Details (arrival and departure times and flight number)

*Please send a copy of your flight details to Urban Balance as we want to coordinate pick up and departure times for transportation.

Passport Details

Passport & Visa Number _____

Citizenship _____

Gender _____

Date of Birth (Month/Day/Year) _____

Place of Birth _____

Issuing Authority _____

Date of Issue (Month/Day/Year) _____

Expiration Date (Month/Day/Year) _____

*When traveling to an international destination, many countries will require your passport to be valid 6 months after the day of departure. Please check your expiration date to your departure date.

_____ Date

Will you be celebrating any special events during your journey? _____

Event Date _____

Event Description _____

Do You Have Any Physical Limitations? _____

Do You Have Any Mobility Limitations? _____

Allergies _____

*List any other medical conditions which Urban Balance should be aware of, including allergies to food or medications. _____

Travel Insurance _____

Comprehensive trip cancellation insurance is available from Travel Guard. Please consider this to protect you.

Emergency Contact

First and Last Name _____

Relationship _____

Primary Phone Number _____

Alternate Phone Number _____

Terms and Conditions

1. Retreat cost is \$3,675 per person based on double occupancy (regular price: \$3,975). Single Occupancy is \$4,285 (Regular Price: \$4,585). Airfare is not included. To qualify for early bird pricing you must register by April 1st.
2. To reserve your spot a \$1,000 non-refundable deposit is due at time of registration.
3. Remaining balance may be paid with one full or two partial installment(s) using the following payment method options:
 - A. Credit card via pay pal, which has an additional 3% charge.
 - B. A check which has no additional charge. (Preferred method of payment.)
4. The full balance must be paid by July 1st, 2020.
5. The retreat is 10 days and 9 nights.

Cancellation Policy

Advanced written notification is required for all trip cancellations.

Deposits are non-refundable and guests are fully liable to pay the remaining balance of the Retreat Cost for any cancellation not received 45 days prior to departure. Exceptions will not be made for any reason, including weather, injury/illness, or personal emergencies. No refunds or credits for failure to attend or failure to complete the retreat, or for arriving late or leaving early.

We strongly recommend you purchase your own travel and trip insurance to protect yourself from unforeseen occurrences.

Disclaimer

Urban Balance is not liable for flight costs.

The guest shall not use the property except for permitted use and shall not use the property for any offensive, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to Urban Balance and its guests, staff or owners.

The customer shall keep all Urban Balance fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.

It is the customer's responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport on time.

Urban Balance can accept no responsibility for the delay or cancellation of any flights, train, buses or other forms of transport, although we will do our best to accommodate if such events happen.

Terms and Conditions, Continued.

The guest must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek their doctor's advice if practicing yoga.

Urban Balance is not liable for any injuries to the guest in his/her use of our facilities or participation in activities. A guest must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.

Urban Balance cannot accept any responsibility for loss or damage of personal possessions or valuables of the guest.

Urban Balance reserves the right at its sole discretion to terminate use of the property or any of its facilities by the customer in the event of any breach of these terms and conditions. The customer will be required to vacate the property and Urban Balance shall not refund payment or accept any consequential liability damages or loss.

Frequently Asked Questions

What is my destination airport?

Book your destination to arrive at the Delhi International Airport anytime on October 4th, 2020. If you are flying in on October 5th, we recommend you book your flight time to arrive close to 6 a.m. local time so you can meet up with the group and make an early morning connecting flight. Allow for possible travel delays, so please do not cut your travel time or layovers too closely.

What is the weather like in October?

Temperatures at the lower elevations (Delhi, Rishikesh) are very warm in October and cooler in the early morning and evening time. The daytime averages around 90F. Nights will be warm but pleasant. You still want to have additional layers to keep you warm just in case. (light jacket, light sweater) A shawl is good to pack and is nice to have on hand for the evening and early morning practice. A scarf is nice for the daytime. As we gain in elevation heading up to Kedarnath, temperatures will drop as low as 40-50F, so you be sure to pack some base layers and a warm, yet breathable (tech-fabric) outerwear to ensure you stay warm and dry during the trek.

Do I need travel insurance?

We highly recommend it.

Do I need a visa?

Yes, you will need a visa for India. India now offers E-Visa online which makes it much easier process. We recommend CIBT visas. Visit <https://indianvisaonline.gov.in/visa/> for more information.

Do I need immunizations?

Always check for the latest updates on CDC recommendations. Website address is www.cdc.gov.

Do I have to share a room?

This is a small group of only 10 participants. We recommend you book a double room (cost less than a single). We will do our best to pair you up with someone. If you have a travel partner, please let us know so we can pair you both together in the same room.

What if I want a single room?

There will be a couple of rooms available for those who prefer single accommodation. However, there is an increase in price for single occupancy. The number of single rooms available will ultimately be based on the number of people who sign up.

Do I have to attend all the classes?

No, all classes are on a volunteer basis. If you feel like sleeping in, reading by the pool, or just taking some alone time, we encourage you to go at your own pace.

What if my partner/friend doesn't do yoga or meditation?

All are welcome. If your partner does not want to participate, there are plenty of other activities. They may take time to relax in their room, enjoy the grounds or sit and take in the view of the mountain peaks during the classes. Who knows, they may change their mind later and participate!

What if I am a beginner or haven't tried yoga or meditation?

Each class is customized for the participants at the retreat. Classes are all-level, and the instructor is very qualified in guiding students from first timers to the most advanced. If you haven't tried any of the yoga systems, the instructor will guide you along the way and encourage you and offer plenty of modifications to fit specific needs.

Is there anything special I need to bring?

If you prefer to bring your own yoga mat or props, we encourage you to do so. Please see full list of suggested items on our website.

What if I have a food allergy or dietary restriction?

Please e-mail rebecca@urban-balance.com any food allergy or dietary restrictions and we will work with the hotels to make any changes.

What kind of food will I be having?

Most of our meals will be Vegetarian. Non-vegetarian food and alcohol are not allowed in Rishikesh. However, outside of Rishikesh there will be options for non-veg if you desire.



May I spread my payments out for the trip?

Yes, we will need a \$1000 deposit at time of sign up to hold your spot. After that you may divide the remaining balance into two or three payments. The entire balance must be paid in full 90 days prior to the retreat, by July 1st, 2020.

How do I Register?

1. Click the "Registration Form" button and download the PDF to your computer.
2. Read and complete the electronic PDF and required signatures.
3. Save the filled-out PDF forms to desktop.
4. Email your completed registration forms to rebecca@urban-balance.com
5. Call or email us to make payment arrangements.

A deposit of \$1000 is required at time of sign up to hold your reservation. You may pay the retreat in full or in 2-3 payments as described above. Pay by either credit card through the Urban Balance website or by personal check, which is our preference. You will receive an official confirmation, welcome email with a terms and conditions sheet, liability waiver and emergency contact form to fill out, sign, and return.

Date

Electronic Signature

I have carefully read and fully understand all contents contained in this document. I understand my risks and responsibilities as a participant and agree that all personal information I have provided is accurate and true. I understand this is a legally binding and enforceable contract. I also agree that if a portion of this agreement is found to be void, the remaining portions shall remain in full force and effect.

Full Name

Signature
