



## 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. The retreat cost prior to Oct. 1st is \$6995 per person, based on double occupancy (\$7495 after Oct 1st) . Single Occupancy is \$9995 prior to Oct. (\$10495 after Oct. 1st). Airfare is not included.
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 December 1st, 2024.
5. The retreat is 15 days and 14 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 held 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 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 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 doctor's advice if practicing yoga.

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

Urban Balances 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 flight to arrive in New Delhi at Indira Gandhi International Airport anytime on February 13th. We have booked accommodations at the Radisson Hotel near the airport. All retreat participants will meet for breakfast at the Radisson on the 14th and then hop on the Urban Balance bus to begin our Mystical India retreat.

### **What is the weather like in February?**

Temperatures are warm in February and cooler in the early morning and evening time. The daytime averages around 80F. Nights will be warm but pleasant. You still want to bring 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.

### **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](http://www.cdc.gov).

**Do I have to share a room?**

This a small group of only 16 participants. 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 few rooms available for those who prefer single accommodation. However, there is an increase in price for single occupancy.

**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 or time to relax on the grounds 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 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. Bring your own medicine.

**What if I have a food allergy or dietary restriction?**

Message [rebecca@urban-balance.com](mailto:rebecca@urban-balance.com) regarding allergies or dietary restrictions and we will work with the hotels to accommodate.

**What kind of food will I be having?**

Most of our meals will be vegetarian. Non-veg and alcohol are not allowed in Rishikesh, Vrindavan. The place we are staying in Varanasi only serves vegetarian food. However, in Jaipur and Delhi, there will be a few options to eat non-veg or have some alcohol if you'd like.



**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 by December 1st, 2024.

**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](mailto: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.**

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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

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Signature

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