



# Central Mass Yoga & Wellness

Home of Yoga Warriors International™

16<sup>TH</sup> Annual Retreat on the Maine Coast • Marie Joseph Spiritual Center • Biddeford, Maine

(Please Print Legibly)

Please return this completed form to the studio via email, mail or drop off at the studio.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Request double or single room?    Single        Double

Whom, will you be doubling with? \_\_\_\_\_

Have you taken yoga before?    Yes \_\_\_\_\_        No \_\_\_\_\_        If so, for how long? \_\_\_\_\_

Are you interested in carpooling with another student?    Yes \_\_\_\_\_        No \_\_\_\_\_

Do you prefer a vegetarian meal?    Yes \_\_\_\_\_        No \_\_\_\_\_

I would like to pay a \$15.00 supplement to reserve an Ocean View Room    Yes \_\_\_\_\_        No \_\_\_\_\_

*Please note this is a first come first serve option as there are a limited number.*

*If you are paying by check, please DO NOT add \$15.00 for an Oceaview automatically. This must be approved based on the number of rooms available. If you check this option you will be contacted if a room is available.*

## **MESSAGE :**

**Please do not add this fee to the cost of the retreat.** The practitioner is paid directly at the time of the appointment.

- Please contact CMYW to schedule your appointment: [info@centralmassyoga.com](mailto:info@centralmassyoga.com) or 508-835-1176

## **REGISTRATION NOTES:**

- Cancellations before October 16th will be refunded minus a \$50.00 per person administrative fee
- Cancellations after October 16th will be refunded minus a \$50.00 per person administrative fee, **ONLY if your place can be filled**, otherwise there are no refunds.
- Rooms are assigned randomly upon signup after noting your preference for a double or single. If you need a special room assignment because of a medical reason, please indicate that in the notes section below.
- Check in is between 4:00 – 6:00 pm on Friday night. If you will be arriving after this time, please let us know so we can accommodate you. If you will be arriving after 6:00pm, please eat before arrival as dinner will not be available.

**Is there anything else you need to tell CMYW? (Please use this notes section) -**