

Healing Ayurveda Retreat to India
with John de Kadt & Katie O'Connell
February 15th ~ March 8th, 2019



This retreat features *Panchakarma*, the full cleaning of the Doshas (energies that govern all biological functions). Pancha means “five” and Karma means “action,” and therefore a complete Panchakarma is intended to remove all the excess dosha, or imbalances, from your body. Ayurvedic consultation with on-site Ayurvedic doctors, vegetarian meals to support your treatment plan, and cleansing practices specific to your needs are all facets of this retreat, which will leave you feeling clear, vibrant, and deeply healed. Your group leaders have designed a retreat experience that includes daily yoga classes with Katie, meditation, storytelling with percussion by John, Ayurveda presentations, Kirtan, and lots of free time to walk into the countryside that borders the retreat, investigate the villages, or visit local markets. Nestled beside a lush green tea plantation, eucalyptus forest, nearby waterfalls, and surrounded by the pure Nilgiri Mountain air is what makes the retreat center so special; away from the hustle of the city and surrounded in natural beauty, expect a profound transformation to take place! There are also many optional excursions to personalize your trip of a lifetime to India! We are so happy to welcome you to our 4th annual retreat!!

Please share the following contact information about yourself:

NAME: _____

DATE: _____ **EMAIL:** _____

MAILING ADDRESS: _____

PHONE: (home) _____ (work) _____

AGE: _____ **SEX:** _____ **PROFESSION:** _____

How did you learn about this retreat? _____

ACCOMMODATIONS: There are many room types, including singles, doubles, simple rooms, deluxe rooms, and exclusive glass cottages. Our variety of rooms and rates offer you the perfect accommodations for your needs and tastes. **Please contact John or Katie to determine which room type is best for you.** All accommodations are available on a first-registered, first-choice basis. Rates range from: \$3,295 to \$3,610 for double rooms and \$3,568-\$4,009 for doubles, depending on room type, location, views, and amenities. We will help you choose the best accommodations for your three-week retreat. Some executive glass cottages available--rates upon request.

Name of Roommate if applicable: _____

***HEALTH and YOGA Notes:** In addition to the healing Panchakarma that is the focus of the retreat, our program will include hatha yoga classes, yoga nidra, meditation, storytelling, music, and themed discussions/presentations, as well as excursions, all of which are optional. As with any physical activity, yoga comes with inherent health risks. ***WE ARE AT 6,000 feet elevation during this retreat.**

***OVERALL WELLNESS & Travel Health:** It is important to us that retreat-goers be in good physical condition, are able to fly safely, go on moderate walks, and do healing yoga. Your signature below indicates that you are registering for this trip in good health, and are able to participate in appropriate deep healing Panchakarma practices for your body. In no way, shape, or form will John de Kadt or Katie O'Connell be held responsible for any injury or health issue that arises during or after the retreat, whether it is related to the content of the program or otherwise. **Once we have received your registration form, we will send you a complete health form and waiver to fill out prior to the retreat.** Please sign to indicate your understanding of the above.

Signature: _____ Date: _____

Please feel free to share anything else about yourself and your wishes for this trip: _____

***Booking and Registration:** A \$1,000 non-refundable, non-transferrable deposit is due to secure your space in this retreat. Please remit with this form to: Dragonfly Yoga, 280 Bennett St., N. Sandwich, NH 03259. Payment plans available; please contact Declan O'Connell to discuss your payment: dhadood@gmail.com. Balance for the retreat is due on or before November 1, 2018. Late payments are subject to fees and potential loss of your space in the retreat. SPACE IS LIMITED. Registration form and check for \$1,000 are required to secure your space in our 2018 Healing India Retreat. Space is limited; please register now to save your spot! **We ask that you DO NOT purchase flights before this date.**

***Retreat Cancellation Policy:** If, for any reason, you need to cancel your participation in the retreat, 50% of registration (minus initial deposit) will be issued up to 90 days prior to retreat start. Cancellations made less than 90 days in advance will result in no refund to the registrant, unless you can find someone to fill your space. In the event that a refund is required, participant will be refunded within 30 days of cancellation.

Thank you for booking your Ayurveda Retreat to India with us!
A comprehensive description of the retreat along with our Travel Terms & Conditions
are listed on the INDIA page of our website: dragonflyogabarn.wordpress.com

You can contact your hosts, John and Katie by phone or email with any questions you might have.

John de Kadt
johndekadt@gmail.com
(413) 717-1711

and

Katie O'Connell, Dragonfly Yoga & Ayurveda
dragonflyyoga@gmail.com
(603) 707-7529