

# THE 2017 JIVAMUKTI YOGA WILD WOODSTOCK INTENSIVE RETREAT

AUGUST 12-27, 2017

## REGISTRATION. PEACE.

We kindly recommend to use the free iPhone/Android App "Adobe Fill & Sign"!



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first, middle & last name

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city, ZIP & country

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date of birth

I, hereby, make a binding booking to take part in THE 2017 JIVAMUKTI YOGA WILD WOODSTOCK INTENSIVE RETREAT organized by JIVAMUKTI BERLIN GMBH ("JYB") at The Wild Woodstock Forest Sanctuary in Shady, a hamlet of Woodstock, NY (USA), and taught by Jivamukti Yoga Founders Sharon Gannon + David Life and Jivamukti Yoga Berlin director Anja Kuehnel and selected guest teachers.

### BASE PRICE (please check applicable box):

- Both Weeks** (08/12/17, 3pm - 08/27/17, 2pm) **no accommodation:** €1.890/US\$2,197
- Both weeks** (08/12/17, 3pm - 08/27/17, 2pm) **with base accomm.:** €2,655/US\$3,078
- Week I** (08/12/17, 3pm - 08/19/17, 2pm) **no accommodation:** €1.008/US\$1,170
- Week I** (08/12/17, 3pm - 08/19/17, 2pm) **with base accommodation:** €1,395/US\$1,620
- Week II** (08/20/17, 3pm - 08/27/17, 2pm) **no accommodation:** €1.008/US\$1,170
- Week II** (08/20/17, 3pm - 08/27/17, 2pm) **with base accommodation:** €1,395/US\$1,620
- NEW: Half Week no accommodation:** €540/US\$630
- NEW: Half Week with base accomm.** (10am check out of room on last day): €792/US\$900
- Check one of these dates for 1/2wk:**  Sat. 08/12, 5pm-Tue. 08/15, 7pm  Tue. 08/15, 5pm-Sat. 08/19, 7pm  Sun. 08/20, 5pm-Wed. 08/23, 7pm  Wed. 08/23, 5pm-Sun. 08/27, 2pm
- Special Flat Fee Flight Deal:** We book and pay your eco flight to NYC €630/US\$720

Subject to final approval and confirmation by JYB and you. I.e. once we receive your registration we send you a suggestion for the flight that we could book for you with 24hrs which you need to confirm within 24hrs by prepaying the flight fee. If your departure is from a different city than your address above, please let us know. Price does not include seat reservations, special meals or extra baggage than what is included in Eco flight fare.

Included in the base price are all yoga activities as described in the INCLUDED SERVICES section below.

If you choose the "with base accommodation" option, housing in handpicked high-quality houses in the Woodstock area is also included. All properties/houses are shared (2 to 5 twin/double or single rooms in one property), i.e. you will share a common living area, a fully equipped self-catered kitchen and 1 to 3 bathrooms with up to 4-11 other retreat participants. All properties and rooms are individual with their special treats so it is hard to compare them. If you book both weeks with accommodation, the night from Aug. 19 to Aug. 20 is also included in the price. However, there is a small chance that you might have to change houses or rooms on that day due to logistic reasons.

Below you can choose a few upgrades to the base accommodation to better suit your individual requirements. **Please make sure to read these sections below even if you do not require any upgrades as it also describes the standard setup already included in the base price. All upgrades and discounts are calculated per week.** If you come for 2 weeks then you get the discount twice but also pay the extra for the upgrade twice. If you book ½ weeks, the discount and the price of the upgrade is cut in half.

- Immediate Payment Discount** -€54/-US\$63  
€54/US\$63 per week less if you sign up before July 27, 2017 AND agree to pay the full retreat amount within 5 working days of receipt of our invoice instead of the normal payment schedule (27% down payment/rest 18 days before start)
- Certified Jivamukti Yoga Teacher Discount** -€54/-US\$63  
€54/US\$63 per week less if you are a certified Jivamukti Yoga teacher.

### ACCOMMODATION UPGRADES: (upgrade prices per week and person)

**INCLUDED AT THE BASE PRICE:** One spot in a shared queen size double bed in a regular size room (which shares 1-2 bathrooms per 1-3 other standard rooms in the house). At the base price setup, the double bed cannot be taken apart, so you do have to share the bed AND the room AND a bathroom. Below you can choose from several optional upgrades for more privacy:

- Twin Beds upgrade** (limited availability, please check before booking) +€189/+US\$216
- Shared Double Room bigger size - Master Bedroom** +€108/+US\$126  
These much bigger double rooms are usually the master bedrooms of the house.
- Ensuite bathroom upgrade** (limited availability, pls. check before booking) +€189/+US\$216  
The room type of your choice with an ensuite bathroom for yourself and your roommate only.
- Single Room upgrade** The room of your choice for yourself only +€396/+US\$459

## PROXIMITY UPGRADES (upgrade prices apply per week and person):

**INCLUDED IN THE BASE PRICE WITH ACCOMMODATION:** The housing included in the base price is in the greater Woodstock area, which is a rural American area in upstate New York with forests and wildlife. As typical in the US, there is not too much public transportation and the houses are ~7-12mins by car-25-40min by bicycle-45-60min by foot from Woodstock town center AND the Wild Woodstock Forest Sanctuary of Sharon Gannon and David Life (where the classes will be held). This means you need to arrange for transportation yourself, for instance by owning, renting or sharing a car or bicycle, to be able to get to the daily classes and events and in order to buy food/groceries (at least if you do not want to rely on hitchhiking or the friendliness of other yogis). Bicycle rental is available in Woodstock town for ca. 150\$ a week, rental cars are available in Kingston, NY or at your arrival airport for ca. 300\$ per week. **Below are a few optional upgrades that get you closer to The Wild Woodstock Forest Sanctuary and/or to the town center of Woodstock.**

### **Walking Distance to Wild Woodstock Sanctuary** **+€180/+US\$207**

There are a few houses within easy walking distance (~7-15min walking) to the Wild Woodstock Forest Sanctuary, which is in Shady, a hamlet of Woodstock. This way you can walk yourself to the classes/events and back home. You will still need a ride to Woodstock town for buying groceries or going to dinner which you will have to arrange yourself, for instance by getting a ride from other yogis on the retreat.

### **Woodstock town accommodation upgrade** **+€108/+US\$126**

There are a few houses right in the town of Woodstock. This way you can walk yourself to the various cafés, restaurants, shops and supermarkets in town. You will still need a ride to the Wild Woodstock Forest Sanctuary and back for the twice daily classes (~9mins by car or ~25-40mins by bicycle) which you will need to organize yourself. But usually it is easier to find a taxi or get a ride from Woodstock town out to the Wild Woodstock Forest Sanctuary than from the base price accommodation location that is in a more secluded area.

## ARRIVAL AND DEPARTURE SERVICES (please check IF needed):

**INCLUDED AT THE BASE PRICE:** There is no transportation whatsoever included in the base price of the retreat. This means any means necessary to arrive at your booked accommodation in or near Woodstock, NY and to get back home (this includes any flights to New York City, if needed, as well as your transportation to Woodstock, NY) will have to be organized and paid by yourself. Same is true for any visa requirements. Please feel free to ask us in case you need any help/tips from us on the best way how to get to Woodstock ([retreats@jivamuktiberlin.de](mailto:retreats@jivamuktiberlin.de)).

The cheapest and often also the quickest way to get to Woodstock is from Port Authority on 42<sup>nd</sup> Street in NYC with the Adirondack Trailways bus service. The benefit of the bus service is that it takes you right into Woodstock town so we can offer you an affordable car shuttle service to your accommodation if requested. It is recommended to book your bus ticket online in advance if possible as sometimes the bus is fully booked. <http://trailwaysny.com/index.php/bus-from-woodstock-to-new-york-city> If it suits your travel times better, you could also go from Penn Station in NYC to Rhinecliff, NY with Amtrak. It is recommended to book your train ticket online in advance if possible as sometimes the train is fully booked. <http://www.amtrak.com>. The downside of the rail service is that it only goes to Rhinecliff, NY, so you still need a means to get into Woodstock. There are taxi cabs waiting at the train station every time a train arrives. The price is ca. 65 USD per taxi from there to Woodstock.

## OPTIONAL SHUTTLE SERVICE FROM WOODSTOCK BUS STOP:

For a little extra fee, someone from our team will come and meet you at the Woodstock bus stop and take you to your accommodation (not applicable with no accommodation discount.)

- Shuttle service from Woodstock bus stop to your house on arrival **+€18/+US\$20.7**
- Shuttle service to Woodstock bus stop on departure **+€18/+US\$20.7**

**Please inform us of your arrival times as soon as possible so we can arrange for your shuttles as soon as possible and also have your room ready on time.**

## EXTRA NIGHTS ON AUGUST 11, 19 OR AUGUST 27

For a little extra, you could take the stress out of it and arrive a day early before the retreat or stay a night longer at the very end of the retreat.

- Extra night from August 11 to August 12 (checkin 4pm) **+€90/+US\$108**
- Extra night from August 19 to August 20 (checkin 4pm/checkout 10am) **+€90/+US\$108**
- Extra night from August 27 to August 28 (checkout 10am) **+€90/+US\$108**
- Single room upgrade for each of the above days **+€54/+US\$63**

Please note that, unless you book a single room upgrade, the price above is per person in a shared room and shared double bed as described above. Also, we will try our best, but unfortunately we cannot guarantee that your extra night is in the same house/room as your retreat week, so you might have to move houses after/before the extra night.

**PAYMENT METHOD:** After receiving and accepting this registration, JYB will send you a booking confirmation and invoice for the total retreat price. You can pay conveniently from your home by bank wire transfer, credit card or Paypal. **Please indicate how you would like to pay:**

**FREE:** Payment in Euros (€ prices above apply) by bank transfer to our German bank account If you are from the EU, SEPA bank wire transfers are usually free. If you send a normal bank wire transfer from a non-EU bank account, please send all wires with payment instruction "all costs borne by sender" in order to ensure that the amount invoiced is actually received by us as any amount received by that is less than invoiced needs to be paid in cash by you before checkin.

**FREE:** Payment in US\$ (US\$ prices above apply) by bank transfer to our US bank account If you are from the US or have a US\$ account, a bank wire transfers to our US bank account is usually free for you as the sender. If you send a bank wire transfer from a non-US bank account, please send all wires with payment instruction "all costs borne by sender" in order to ensure that the amount invoiced is actually received by us as any amount received by us less than invoiced needs to be paid in cash by you before checkin.

**FREE:** Payment in Euros (€ prices above apply) through Transferwise.com = **CHEAPEST** if made from non-Euro/US\$ account If you are from outside of the EU/US, you can pay us free of charge with a Transferwise bank transfer (they optionally also let you use your credit card). The best thing about Transferwise is that it uses a much better exchange rate than the banks, credit card company and Paypal. We will send you information and a link that lets you use Transferwise for almost no fees.

**+€36/US\$45/week:** Payment in € (€ prices above apply!) by your major credit card/Paypal

**PAYMENT TERM + TIME LIMIT:** If you chose the immediate payment discount above, your payment in full as indicated on our invoice has to be received by JYB within 5 working days after we sent you the invoice. The due date will be indicated on the invoice. If you fail to pay by this deadline, you will lose the immediate payment discount and have to pay the undiscounted price. If you did not opt for the immediate payment discount, you have to make a down payment of 27% of the full retreat price within the 5 working days after we sent you our invoice in order to secure your spot and the remaining balance is due 18 days before the start of the retreat. The amounts owed and their due dates will be shown on the invoice.

### **INCLUDED SERVICES AT THIS RETREAT:**

**JIVAMUKTI YOGA:** Sharon Gannon and/or David Life will teach one intensive 4-hour Jivamukti Yoga workshop intensive each morning from 10am-2pm. These will be intensive, in-depth workshop style classes with changing themes and focuses, where we will explore and experience different aspects of Jivamukti Yoga (asanas, kriyas, pranayama, yoga history) directly from its co-founders. The workshops typically include ca. 3 hours of asana practice and 1 hour of lecture, discussions and Q&A on yoga philosophy. Each late afternoon of this retreat, Anja Kuehnel (and occasionally other Advanced Certified Jivamukti Yoga teachers) will teach an additional ca. 2-hour Jivamukti Yoga Open XL class.

**Bonus Events:** Approximately 1-2 times per week, we hope to offer special events in the late afternoon/evening, such as Satsangs or Kirtans or Yoga Philosophy lectures with Sharon Gannon, David Life and other presenters, which in most cases due to time constraints will be offered INSTEAD of the afternoon Open XL class (i.e. usually no Open XL class on special events days). Once during each of the two weeks of this retreat, we invite you to a Karma Yoga session to benefit the Wild Woodstock Forest Sanctuary area. **Exact daily schedule TBA at the retreat venue. The number, content and presenters of the bonus events mentioned in this paragraph is to the sole discretion of JYB and, thus they might be changed or canceled if necessary even if they have already been publicly announced.**

**On the first day of each retreat week (=arrival day),** there is NO morning class nor Q&A conference with Sharon Gannon and/or David Life, i.e. the first class on the first day of each retreat week (August 12 and 20), is the afternoon Jivamukti Open XL class with Anja and Sharon and/or David present/co-teaching.

**On the last day of each retreat week (=departure day),** there is no evening class with Anja, last class on August 19 and 27 is the morning class and Q&A conference with Sharon Gannon and/or David Life.

**The retreat language will be English. All teachers teach their classes in English. Anja also speaks German for individual questions and assists.**

**PRACTICE SPACE AND YOGA PROPS:** As normal with renowned teachers like Sharon Gannon and David Life, the practice space included in this retreat strictly is the size of one regularly sized yoga mat (ca. 0,7x1,9m) only. All practice spots are marked and mats must be placed within the markers. You should bring your own yoga mat. The yoga room has a limited number of blocks, blankets and straps for your use.

**ACCOMMODATION:** Included in this retreat is the accommodation as described and booked by you above on page 1 and 2 unless you chose to book the retreat without accommodation on page 1. If you booked both Week I and Week II of the retreat and did not opt the cheaper price without accommodation, the night between those two weeks, i.e. from August 19 to 20, is included in your retreat price at no extra charge. If you booked twin or double rooms, the rooms will be distributed by JYB up to the maximum mentioned capacity of the room booked. You may tell us the name(s) of a roommate you prefer to share your room with and who booked the same room category. You may also tell us if you would like to share a house with specific persons and we will try our best but we cannot guarantee that it will be possible as it depends on the time of booking, room category booked and the individual house setup. All houses are self-catered and participants will have to take care of general cleanliness in the house during their stay. I.e. no cleaning services included in the price, except for one general turnover/cleaning service at the end of Week I and Week II. Participants are obliged to obey any additional individual house rules they are informed of at the time of checkin (like non-smoking etc.).

**BOARD:** All houses come with well equipped self-catered kitchens. All ingredients/groceries for any meals have to be bought and paid by the participants of the retreats themselves. All houses are strictly vegan, i.e. no dairy, egg or meat products may be brought into any of the houses. The idea of this retreat is to also create a Satsang experience by cooking together delicious vegan meals in groups. All houses will be equipped with a copy of Sharon Gannon's cookbook "Simple Recipes for Joy". For days/nights out, there are also some very nice vegan restaurants in Woodstock.

**OTHER OPTIONAL ACTIVITIES** at this Intensive Jivamukti Yoga Retreat include exploring the legendary town of Woodstock and its surroundings with lots of nature and options to swim in lakes and rivers, meeting with other fellow yogis. We can also organize a visit to the legendary Woodstock Farm Animal Sanctuary. Extra costs associated with these optional activities will NOT be paid by JYB.

**TRAVEL/TRANSPORTATION: Arrival and departure arrangements** are to be booked and paid individually and **not included in the retreat price.** This includes namely all air travel and also any transportation from the airport to the retreat location and to Wild Woodstock Forest Sanctuary where the daily classes/events are held, **unless (and to the extent) you specifically booked shuttle or transportation services from JYB on page 2 above.**

**MISSED CLASSES/EVENTS:** All classes/events of this retreat may be attended by the retreat participant who booked this retreat only. I.e. it is strictly not possible to sell or give away your place - neither entirely nor for single events/classes - to other persons. For all classes/events of this retreat it is crucial that you arrive on time as otherwise it might be impossible for you to get in after the beginning of the class/event as we reserve the right to close the doors for latecomers after the beginning of the event in order to ensure a proper atmosphere during the class/event.

**CANCELLATION OF YOUR RETREAT BOOKING BY YOU** is possible until the beginning of the retreat. But we will have to charge a cancellation fee of 90% of the full retreat price (base price plus any additional charges for extras) and we will deduct such cancellation fee from any money to be returned to you. The cancellation fee, however, will be reduced to 20% of the full retreat price, in case all spots at the retreat - including any spaces that became free due to cancellations - are sold out, or to 10% of the full retreat price if the cancelling student finds a replacement person for him/her, who would not have booked the retreat otherwise and who also is not on any JYB waiting list for the retreat. You are free to prove to JYB that your cancellation did not cause us any loss or damage or that such loss or damages are substan-

tially lower than the cancellation fees mentioned above. Any refund minus the applicable cancellation fee will be paid 10 days after the end of the retreat booked. **JYB hereby advises you that you may lower your financial cancellation risks by obtaining a travel cancellation insurance. Such insurance would have to be obtained at about the same time you make your initial payment for the retreat.** You can obtain a good insurance of this kind through us (there is a link on our website at the retreat listing).

**CANCELLATION OF THE RETREAT BY JYB:** JYB may cancel your right to take part in the retreat and sell your spot to someone else if you fail to pay the deposit and/or the full retreat fee in time despite having been reminded by JYB two times without success. In this case, JYB is entitled to a cancellation fee in the amount stated in the preceding paragraph.

In case the completion of the retreat becomes economically unreasonable or impossible or too dangerous for JYB (e.g. in case of too few participants, force majeure, war or epidemics), JYB reserves the right to cancel the retreat in which case JYB will refund your payments for the retreat as well as any reasonable losses and costs you incurred due to pre-booking travel arrangements (like flights). No other damages will be paid by JYB. JYB also reserves the right to forfeit your right to take part in the retreat without notice if you interfere with the retreat or if you massively break your obligations or duties. In this case you will have to pay any additional return trip costs on your own.

If any one of the presenters is not able to teach at the retreat for any reasons of force majeure, illness or other similar adverseness, JYB is entitled to have him or her substituted by the 2<sup>nd</sup> or 3<sup>rd</sup> presenter or by any other presenter with the same or similar qualification (at least a Jivamukti Yoga Teacher Training Facilitator in case of Sharon Gannon and/or David Life and at least an Advanced Certified Jivamukti Yoga Teacher in case of Anja). If such unavailability of Sharon Gannon and/or David Life emerges before the beginning of the retreat and if you cancel you retreat booking for this reason, you only have to pay half of the cancellation fees set out in the preceding section. Other than that, JYB does not owe you any reduction of the retreat price or any damages for any such unavailability of presenters if they are properly substituted as described above.

**GOVERNING LAW** for this retreat shall be the laws of Germany.

**WAIVER OF LIABILITY:** As JYB's waiver of liability is governed by German law, it is stated in the German; the English translation is given for informational reasons only:

Unsere Haftung für unverschuldete Unfälle sowie für Unfälle, welche allein von dir oder von Dritten, für deren Verhalten JYB nicht einzustehen hat, verursacht wurden, ist ausgeschlossen. Für Sach- und Vermögensschäden haftet JYB lediglich, soweit diese - unabhängig von dem Grad des Verschuldens - aus einer Verletzung des Lebens, des Körpers oder der Gesundheit oder aus einer Verletzung unserer vertragswesentlichen Pflichten resultieren oder - unabhängig von der Art der Pflichtverletzung - auf einem grob fahrlässigen oder vorsätzlichen Handeln von uns bzw. unseren Erfüllungsgehilfen oder gesetzlichen Vertretern beruhen. Dieser Haftungsausschluss gilt insbesondere auch im Falle des Verlusts oder der Beschädigung von von dir mitgebrachten und während des Retreats in den Retreaträumen, Zimmern und Vorräumen aufbewahrten Sachen. Die Höhe der Haftung von JYB für Sach- und Vermögensschäden, welche nicht auf der Verletzung des Lebens, des Körpers oder der Gesundheit oder auf einem grob fahrlässigen oder vorsätzlichen Handeln von uns bzw. unseren Erfüllungsgehilfen oder gesetzlichen Vertretern beruhen, ist begrenzt auf die Höhe der bestehenden und hier vorliegenden Betriebshaftpflichtversicherung, nämlich auf 1.000.000,- EUR bei Sachschäden und auf 100.000,- EUR bei Vermögensschäden (informativ: Versicherung für Personenschäden: 2.000.000,- EUR). Diese Haftungsbegrenzung gilt nicht, soweit die Haftpflichtversicherung - etwa im Falle von in den Versicherungsbedingungen geregelten Selbstbehalten, Deckungsgrenzen und Ausschlüssen oder aufgrund zwischenzeitlichen Wegfalls des Versicherungsschutzes - nicht eintritt. Die Versicherungsunterlagen kannst du jederzeit bei JYB einsehen und ablichten.

*THIS ENGLISH TRANSLATION OF THE WAIVER TERMS IS FOR INFORMATIONAL REASONS ONLY, IN CASE OF DOUBT THE GERMAN WORDING AND MEANING SHALL PREVAIL: JYB shall not be liable for any accidents or damages that JYB is not responsible for or that have been caused solely by the participant or by third parties (other than JYB) that JYB is not responsible for. JYB shall not be liable for any monetary damages or any damages to property/personal belongings unless such damages result - regardless of JYB's degree of responsibility - from an injury of life, body or health or from a violation of such duties of JYB that are essential to this contract or unless such damages have been caused by purpose or gross negligence by JYB or its servants or statutory representatives. This waiver of liability namely also extends to any personal belongings that you might bring to this retreat and might be storing during the retreat in any of the rooms etc provided by JYB. JYB's liability for monetary damages or damages of goods/personal belongings that do not result from an injury of life, body or health or from a violation of such duties of JYB that are essential to this contract and that also have not been caused by purpose or by gross negligence by JYB or its servants or statutory representatives, is in any case limited to the coverage amount of JYB's liability insurance which is 1,000,000 EUR in case of damages of property, 100.000 EUR in case of monetary damages (FYI, we also have a liability insurance for personal injuries for up to 2,000,000 EUR), unless our liability insurance does not cover the accident (e.g. in case of deductibles, exception clauses or if the liability insurance is not in effect at all).*

**You are obliged to inform the Yoga teacher before each class - and if necessary also before each yoga posture - of any injuries or the like that might limit your ability to perform such posture or which might impose an unusual health risk for you or for other participants.**

**I, hereby, confirm my retreat booking subject to the aforementioned statements, terms and conditions:**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

**Please return this filled-in and duly signed registration form in person, by post (see below), fax (+49-30-48491950) or as a scanned e-mail attachment to JYB ([info@jivamuktiberlin.de](mailto:info@jivamuktiberlin.de)).**

Please make me an offer for accompanying family/friends/kids that do not want to take yoga classes (please specify age and if they could share a room with you): \_\_\_\_\_