

Devon School of Yoga

Basunti, North India Retreat

Spring 2022

Total price for this 12-day full board retreat is £1800

The price includes:

- **12-nights' accommodation** (includes 10 nights at Basunti, one night in Mcleod Ganj and one night in Amritsar) in twin en-suite rooms
- **All meals and drinks at Basunti** (Note: meal exclusions include lunch/dinner/breakfast/lunch in Mcleod Ganj and lunch/dinner/breakfast in Amritsar - e.g. 7 meals in total)
- **24+ yoga classes** - covering: kriyas, preliminary stretch exercises, asana, pranayama, meditation, satsang, silent spaces and miscellaneous practices
- **All internal retreat transfers in India as follows:**
(Please note, each transfer is roughly 3+ hours.)
 - Transfer from Mrs Bhandari's Guest House (where we meet) in Amritsar to Basunti
 - Basunti to Mcleod Ganj for a 36-hour mini tour including staying one night in Mcleod Ganj with visit to Kangra Fort en-route and opportunity to visit the Dalai Lama temple. The trip to Mcleod Ganj is a breakout from the retreat with the opportunity to get up close to the mountains and do any shopping
 - Mcleod Ganj to Basunti with visit to Masroor rock temple en-route to Basunti
 - Basunti to Amritsar Mrs Bandhari's Guest House (where the retreat ends) in Amritsar there is an opportunity to visit the Golden Temple

The price excludes:

- **Return flights UK to India**
We recommend the roundtrip flight from Birmingham to Amritsar, India (this can be booked via Trayvale Limited, our regular provider, or the travel agent of your choice) – please note, the retreat will begin by meeting at Mrs Bandhari's Guest House in Amritsar
- Travel insurance (it is recommended that once you have booked that you organise comprehensive travel and health insurance immediately so you are covered for any unforeseen circumstances)
- India visa fee
- Seven meals as mentioned above (approximately £50)
- Basunti staff tips and optional charitable donation (optional discretion)
- Taxi transfers and drivers' tips (approximately £10 in total - e.g., around £2 per transfer)
- Optional excursions from Basunti, including a possible rowing boat trip with local fishermen (roughly £10 per person depending on numbers going - all dependent upon availability) possible canoe hire to be arranged on site with Basunti
- Entrance fee to Kangra Fort & Masroor rock temple (approximately £3 each)

Devon School of Yoga - Basunti Retreat

Spring 2022

Daily Schedule

Day 1 – Arrival Day in Amritsar

- Meet in Amritsar at Mrs Bandhari's Guest House at 9am and transit to Basunti
- 1:00pm - lunch at Basunti
- 3:00pm - afternoon tea served
- 3:30pm - orientation, talk, walk and optional swim in the lake
- 5:30pm – 6:30pm - welcome satsang, pranayama (yoga shala and roof top)

Day 2 to 5 - Daily Routine

- 6.15am - wake up chimes silence is observed from wake up through to breakfast
- 6.30am - tea served
- 7.00am - 8.30am - meditation, wake up stretches, kriya breaths, pranayama (roof top and/or yoga shala)
- 9:00am - breakfast
- 10:30am - 12:30pm - holistic yoga asana practice (yoga shala)
- 1:00pm - lunch
- 3:45pm - afternoon tea served
- 4:30 - 6:30pm - satsang, misc practices, pranayama (yoga shala and/or rooftop)
- 7:30pm - dinner
- 10:00pm - retire

Day 6 – Depart for McLeod Ganj

- 6:15am - wake up
- 6.30 - tea served (optional self-practice plus time to pack overnight travel bag)
- 7:30am - breakfast
- 8:30am - depart for McLeod Ganj (via Kangra Fort)

Day 7 – Return to Basunti

- arrive back at Basunti (via Masroor Temple) in time for dinner

Day 8-10 - Return to 'Daily Routine' (as above)

- please note, over these days there will be spaces for increased daily silence

Day 11 – Daily Routine until Lunchtime and then Free Afternoon

- possible rowing boat trip with local fishermen or hiring of canoes

Day 12 – Depart Basunti for Amritsar

- depart Basunti after breakfast (breakfast at 8:00am and departure is at 9:00am)
- Stay at Mrs. Bandhari's Guest House
- optional visit to the Golden Temple

Departure Day

- End of Retreat

Please note that this schedule is not set-in stone and is subject to change
Also, once booked, full helpful comprehensive further details will be supplied.
This will include: visa application information, money, what to bring, etc

**Devon School of Yoga
Basunti, North India Retreat
Spring 2022**

Booking Form - Please complete and return to info@devonyoga.com

Please put your name exactly how it appears in your passport (This is needed for the group organiser)

Name:

Address:

Postcode:

Telephone:

Email:

Date:

I have transferred £_____ for the North India Yoga Retreat at Basunti, Spring 2022

Andrea Guest Residentials Limited

Located at Devon School of Yoga, 4 Barnfield Hill, St Leonards, Exeter EX1 1SR

Andrea Guest Residentials Limited

Account number: 15544062

Sort Code: 30-80-37

When paying via online bank transfer, please be sure to include your name and the reference 'BAS21' so that we know who it is from and what it is for so that we may send a receipt to you.
Thanks.

I have read, understand and agree with the terms & conditions which are included on the following pages.

Signature

Date

TERMS AND CONDITIONS

Should you wish to cancel a booking once made we regret payment is **non-refundable**.

All information is correct at the time of going to press. We do not accept liability for loss or damage to your personal property, or any accidents during your stay. Attendees are responsible for their own travel health insurance.

Your Responsibilities

It is your responsibility to ensure that you have a reasonable level of health / fitness, suitable clothes/equipment and remain aware of risks involved in a yoga holiday. Although the Devon School of Yoga Limited (DSY Ltd.) and Andrea Guest Residentials Limited (AGR Ltd.) and its suppliers can assure you that with sensible precaution your holiday is as safe as possible you must accept that the sole responsibility for your personal fitness and safety remains with you.

Personal Travel and Activity Insurance

It is a condition of booking a holiday with DSY Ltd. and AGR Ltd. that before you travel, you must take out fully comprehensive travel and health insurance which must be valid for the entire duration of your holiday; and cover you for illness, injury, death, loss of baggage and personal items, cancellation, curtailment, emergency rescue and repatriation. Basunti requests that insurance cover includes the value of helicopter rescue and air ambulance as the road to Basunti can be inaccessible due to weather conditions.

You agree that it is your responsibility to check the adequacy and validity of any insurance policy effected by or on your behalf and you must provide evidence to DSY Ltd. and AGR Ltd. that you have obtained personal fully comprehensive travel and health insurance. You agree it is your responsibility to have cover for any pre-existing medical conditions if applicable and should you not be able to get cover for a certain condition, then you agree to cover any costs associated with repatriation or emergency health care whilst on a DSY Ltd. and AGR Ltd. holiday. Personal travel insurance is not included in the price of your holiday.

DSY Ltd. and AGR Ltd. require the client to notify us on the booking form that all persons travelling have appropriate insurance for the yoga activities they are undertaking and no booking can be confirmed without this undertaking. In some circumstances we may need to see a copy of clients' own insurance cover. In the event of personal injury, death, illness, loss of baggage or personal possessions DSY Ltd. and AGR Ltd. or its suppliers cannot accept any responsibility as it is the client's responsibility to ensure that all persons travelling have the appropriate insurance cover for these and the activities to be undertaken.

Force Majeure

Except where otherwise expressly stated in these Booking Terms & Conditions we will not be liable or pay you compensation if our contractual obligations to you are affected by "Force Majeure". For the purposes of these Booking Conditions, Force Majeure means any event beyond our or our supplier's control, the consequences of which could not have been avoided even if all reasonable measures had been taken. Examples include warfare and acts of terrorism (and threat thereof), civil strife, significant risks to human health such as pandemic, outbreak of serious disease or natural disasters such as floods, earthquakes or weather conditions which make it impossible to travel safely to the travel destination or remain at the travel destination, the act of any government or other national or local authority including port or river authorities, industrial dispute, labour strikes, lock closure, natural or nuclear disaster, fire, chemical or biological disaster, unavoidable technical problems with transport, air traffic control strikes, flight cancellations and all similar events outside our or the supplier(s) concerned's control.

Limitation of liability

Our obligations, and those of our suppliers providing any service or facility included in your holiday, are to take reasonable skill and care to arrange for the provision of services and facilities. You must show that reasonable skill and care has not been used if you wish to make any claim. The services and facilities included in your holiday will be deemed to be provided with reasonable skill and care and comply with local regulations.

You understand that we will not be liable where any failure in the performance of the contract is due to you; a third party unconnected with the provision of the travel arrangements and where the failure is unforeseeable or unavoidable; unusual and unforeseeable circumstances beyond our control, the consequences of which could not have been avoided even if all due care had been exercised; or an event which we or our suppliers, even with all due care, could not foresee or forestall. You acknowledge and agree that DSY Ltd. and AGR Ltd. and its suppliers will not be liable for any breach of any law by any person with whom you travel on the tour; and you may not rely on any representations concerning the holiday made by DSY Ltd. and AGR Ltd., which are not contained in these conditions.

Miscellaneous

While every care and attention are given by the DSY Ltd. and AGR Ltd. they reserve the right to make any amendments to the publicised retreat and prices should circumstances demand it. Unfortunately, no refunds can be made should you decide to no longer join the retreat once booked.

Whilst every effort will be made by the DSY Ltd. and AGR Ltd. to ensure that the manner in which the retreat is conducted is entirely safe, they cannot accept liability for any injury, loss or damage incurred or sustained on the retreat or any other harmful consequence arising during or after the retreat. By signing this form, participants agree that they will not hold the DSY Ltd. and AGR Ltd. responsible for any injury, loss or damage or harmful consequence arising during or after the retreat. It is advisable to consult your doctor before booking if you have been injured or unwell.

Finally, any data provided is kept confidential and complies with data protection.