

# INDIA RETREAT WITH ARUN DEVA & MEGAN MCCARVER

SECRETS OF AYURVEDA ♦ VINYASA KRAMA YOGA ♦ DAILY KERALA MASSAGE

## REGISTRATION & WELCOME PACKAGE

SEPTEMBER 22 - 29, 2012

SOMATHEERAM AYURVEDIC BEACH RESORT

SEPTEMBER 29 – OCTOBER 5, 2012

OPTIONAL TAMIL NADU TEMPLE TOUR



*Join Arun and Megan for 8 days and 7 nights at the Award Winning Ayurvedic Beach Resort, Somatheeram. Enjoy an invigorating morning practice of vinyasa krama yoga while looking down at the ocean. Come learn the secrets of Ayurveda at the very source and receive daily massages/treatments.*

*Choose to spend a second week for the Tamil Nadu Temple Tour, a seven day mandala of travel, sightseeing, delicious foods, yoga and of course, the amazing south Indian temples!*



*Namaskaram!*

**Arun Deva:** [yogarasayana@gmail.com](mailto:yogarasayana@gmail.com) +1-310-435-4197

**Megan McCarver:** [megan@meganmccarver.com](mailto:megan@meganmccarver.com) +1-949-280-9968

**Somatheeram~Manaltheeram:** [somatheeram.in](http://somatheeram.in)

### SOMATHEERAM

The resort is spread lushly over 15 acres of greenery on a hilltop overlooking Chowara Beach, south of Kovalam and a short drive away from Trivandrum. The gently sloping grounds are sprinkled with traditional thatched cottages and Kerala style wooden bungalows, nestled among native medicinal plants and coconut groves.

It's a short walk down to the beach for swimming, morning or evening walks. Along the way down is the swimming pool where you can rest during the day sipping fresh coconut water! The resort has outdoor and indoor yoga rooms. Climbing up the hill you arrive at the Rejuvenation Center with a full staff of Ayurvedic Doctors, where you will receive your daily treatments including abhyanga and shirodhara, Kerala style!

The resort has a thatched restaurant with a panoramic view of the ocean, and delicious Ayurvedically prepared meals (3 vegetarian, dosha specific meals a day are included). The resort also offers full services, such as laundry, safe deposit and internet access for an additional fee.



#### RESERVATIONS AND PAYMENTS:

*For check payment, please fill out the forms starting on page 7 and mail in as directed.*

*For Paypal Invoice, please contact Arun at [yogarasayana@gmail.com](mailto:yogarasayana@gmail.com)*

*Please note, you will still be required to fill out and mail in your Information and Waiver Agreement Forms.*

## ITINERARY - 8 DAY RETREAT

- ◆ 8 days & nights at Somatheeram/  
Manaltheeram Ayurvedic Beach Resort
- ◆ Lodging: Your choice of Garden Cottage, Sea  
View Cottage or Kerala House Deluxe (A/C)
- ◆ 2 hr *Vinyasa Krama* Yoga Sequencing  
w/Arun\*
- ◆ Gentle Yoga and meditation w/Megan
- ◆ Ayurveda for Daily Living:  
5 afternoon lectures\*\*
- ◆ 6 days of daily Ayurvedic Treatments\*\*\*
- ◆ Ayurveda tour: Includes visits of the herbal garden and the medicine-manufacturing  
facility with staff doctor and translator.
- ◆ A sightseeing daytrip to Kanyakumari Temples & Palace. Kanyakumari is the  
southernmost tip of India where three oceans meet. We will greet the rising sun here!
- ◆ Half-day city tour of Trivandrum w/shopping & sightseeing.
- ◆ 3 Delicious Ayurvedic Vegetarian Meals Daily (except on excursion day)
- ◆ Evening entertainment (as arranged by Somatheeram)
- ◆ Airport Transfer to/from Trivandrum International Airport



*\*Vinyasa Krama means the methodology & sequencing of asanas in a particular manner, so as to create a harmonious flow of prana/breath all through the movements (vinyasas), as practiced by the great Master, Shri Krishnamacharya and taught to Arun by Srivatsa Ramaswami. These classes include pranayama and have been adapted by Arun to be suitable for all.*

*\*\*Spread over 5 sessions, this immersion in Ayurveda is to teach and empower you in the ancient art of daily routine, correct diet, lifestyle and exercise as determined by your own unique constitution and needs. Bonus: A cooking demonstration!*

*\*\*\*These treatments include abhyanga and shirodhara as well as any other treatments as determined as being beneficial to you by the Ayurvedic staff at Somatheeram. (Most of this will be included in your costs. Some treatments are additional and thus optional).*

*\*\*\*\*For the excursion day we will eat lunch at a wayside restaurant (minimal additional cost) or you will have the option of having the Retreat Center prepare a packed lunch for you (no additional cost).*



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## RETREAT LODGING CHOICES & COST

### DOUBLE OCCUPANCY

**Garden Cottage:** Per Person  
\$2000 (Book by July 15, 2012)  
\$2300 (Book after July 15, 2012)

**Sea View Cottage:** Per Person  
\$2100 (Book by July 15, 2012)  
\$2400 (Book after July 15, 2012)

**Kerala House Deluxe (A/C):** Per Person  
\$2400 (Book by July 15, 2012)  
\$2700 (Book after July 15, 2012)

### SINGLE OCCUPANCY

**Garden Cottage:** Single Occupancy  
\$2300 (Book by July 15, 2012)  
\$2600 (Book after July 15, 2012)

**Sea View Cottage:** Single Occupancy  
\$2400 (Book by July 15, 2012)  
\$2700 (Book after July 15, 2012)

**Kerala House Deluxe (A/C):** Single Occupancy  
\$2800 (Book by July 15, 2012)  
\$3100 (Book after July 15, 2012)



## YOGA

**Arun Deva, DASC, AYT, E-RYT(500)**, is a Senior Ayurvedic Practitioner, an Ayur\*yoga Therapist and a Vinyasa Krama certified yoga teacher. The founder of Arunachala Yoga & Ayurveda, Arun serves on both the National & State Ayurvedic Associations: NAMA & CAAM. He teaches internationally, lectures at Conferences, writes articles for different publications, has been featured on both radio and television and has a yoga & Ayurveda clinic for consultations and various treatments including Panchakarma and yoga therapy in Los Angeles. He also teaches the Ayurveda and Yoga modules for many Teacher Training Programs around the world. Most recently, he has presented at the IAYT SYTAR Conference 2011 and at the NAMA Conference 2012. Born in India, Arun has made his home in Los Angeles for the past 30+ years.

**Vinyasa Krama Yoga** comes from the tradition of Shri TKV Krishnamacharya whose well known students include BKS Iyengar, Pattabhi Jois, Desikachar and Indra Devi.

Arun's teacher, Srivatsa Ramaswami, spent over 33 years studying privately with Shri Krishnamacharya and it is from this deep well of knowledge that Arun draws his inspiration and love for the practice. In addition, the Ayur\*yoga Teacher Trainings have given Arun a great sense of respect for the dynamics of Ayurvedic principles in teaching and therapeutics.

We will have a morning practice that will include asana, pranayama, chanting and meditation.

**Megan McCarver, M.A., E-RYT (500)**, Yoga Therapist and YogaWorks Certified, teaching yoga since 1994. Her advanced trainings and experience in yoga techniques, pain management, massage therapy and psychology gives her a customized program to achieve wellness and a balanced lifestyle for her students. Megan co-founded Santa Monica Yoga in 1993, is currently teaching at YogaWorks in Mission Viejo and is the Wellness Consultant at Orange County Pain and Wellness in Santa Ana.

**Gentle Yoga and Mindful Meditation** in the early evenings. Megan's teaching style branches from the Krishnamacharya lineage with the emphasis on balance, strength, alignment, breath and great compassion.

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## TEMPLE TOUR (OPTIONAL ADD-ON)

### Temple Tour Week Option (Per Person):

\$600 (book by July 15)

\$700 (booked after July 15)

The cost for this segment includes the traveling by road (as well as the flight from Trivandrum to Chennai), your lodging, yoga sessions and all breakfasts. Temple and other entrance fees may be extra. Lunches and dinners may be extra.

### Temple Tour Itinerary:

**September 29:** Arrive Chennai. Transfer to hotel. Evening at leisure.

Chennai, formerly known as Madras, is the capital of the southern state of Tamil Nadu. It is the country's fourth-largest city and the gateway to the South. Tamil tradition and culture is a celebration of beauty – dance, clothing, textiles and sculpture. It is also a land of temples and priests, home to some of India's most sacred locations. The area we will stay in is a lively street of colorful shops and eateries for those who feel like exploring!

### September 30:

Kapaleeshwar Temple and Vivekananda House.

The Kapaleeshwar Temple dedicated to Lord Shiva is an excellent introduction to the Dravidian architecture of Tamil Nadu and one of the many Shiva Teerthas that are so sacred to the Yoga and Tantra traditions.

Swami Vivekananda is considered a key figure in introducing the Indian philosophies of Vedanta and Yoga to the western world in the 19th century. He is perhaps best known for his beautiful and inspiring speech to the Parliament of the World's Religions in Chicago in 1893, which began, "Sisters and Brothers of America." Hear it [here](#)

Vivekananda House holds a permanent exhibition on Indian Culture and the Swami's life.

### October 1:

Chennai – Mahabalipuram (Shore Temple & Pancha Rathas) - Pondicherry

Two hours south of Chennai, Mahabalipuram is a stunningly beautiful coastal village; famous for its temples and intricate stone carvings with complex depictions of gods and goddesses. We will visit the famous Shore Temple dedicated to Lord Vishnu, and the Five Rathas—depicting the five Pandavas from the Mahabharata, a series of rock carvings, which were buried under the sea and were excavated only 200 years ago. Later, we will arrive in Pondicherry in the evening, where we have many different dinner choices, including pizza, which by that point might seem a divine offering! We will then settle into our boutique hotel for the night.

### October 2: Pondicherry/Auroville

The charming seafront town of Pondicherry Town is a former French colony that still retains its French culture and architecture, superimposed with typical Indian culture and style. It attracts many travelers who come here to study yoga and meditation at the Sri Aurobindo Ashram.

Auroville is a yogic Utopia, the practical vision of a universal town with the purpose of realizing human unity – in all its diversity. Today Auroville is recognized as the first and only internationally endorsed ongoing experiment in human unity and transformation of consciousness.

After a morning yoga practice, we will spend a half-day here exploring its avant-garde spirit, sweeping grounds and delicious organic cuisine, locally harvested. The Centre has some of the best shopping too.

### October 3: Pondicherry – [Arunachala/Tiruvannamalai](#)

Leaving Pondicherry, we will spend the morning again at Auroville and meditate at the Matrimandir, an experience in and of itself, indeed. After lunch we will leave for Arunachala, stopping along the way at a quaint and off the beaten track Hanuman Temple where we may find ourselves being inquisitively approached by monkeys, who love the Temple! We will check into a lovely resort on the outskirts of the town and spend a quiet evening in its meditative grounds.

### October 4: [Arunachala](#)

After a morning yoga practice, we will visit the famous Arunachaleswar Temple, one of the largest and most captivating in India built in 11th century and a living symbol of ancient Tamil Architecture. Arunachala Hill, the home of Ramana Maharishi is acclaimed as a 'Spiritual Center of the world'. We will visit his tranquil ashram, the Sri Ramanashramam. Later, we will have the options of visiting the cave where he meditated in seclusion for over 50 years, and in the evening of circumambulating the Arunachala Mountain, a truly mystical experience in this Tamil serene nature setting.

### October 5: Arunachala - Chennai

On our final day, we'll enjoy a leisurely breakfast before beginning our drive back to Chennai. If we have time on the way, we will stop at Kanchipuram, nicknamed "The City of Thousand Temples," where we will visit the Temple of Kailasantha. This is the oldest temple in Kanchipuram, built in the 8th century CE and dedicated to Shiva. Back in Chennai, we will enjoy a last dinner together before transferring to the International airport for the return home.

*Please note: If you are traveling with us on this exciting second portion, you will want to book your travel home from Chennai and not Trivandrum. Most International flights will leave early morning so it is best to book for Oct 6 departures.*

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## AYURVEDA FOR DAILY LIVING IMMERSION

**Ayurveda for Daily Living** is a 5 afternoon lecture and practicum series taught by Arun and the Somatheeram Staff with the goal of bringing an understanding of this ancient healing art into practical perspective. Learn to fashion your own diet, exercise and lifestyle skills. Included will be a guided tour of the herb gardens and medicine making facilities as well as a cooking demonstration.

Arun, a DASc in Ayurveda, will guide this journey with the assistance of the Somatheeram Doctors.

## AYURVEDIC TREATMENTS

Kerala is well known as preserving the ancient arts of Ayurveda in their traditional forms. It is famous for its massages and treatments, such as abhyanga (full body oil massage) and shirodhara (warm oil poured in a continuous stream across your forehead to induce deep release and relaxation).

From a menu of over 20 treatments, you and the staff doctors will design a plan that fits you personally. A set amount of time (around 2 hours!) and certain treatments including above-mentioned, are included in your costs. You are always welcome to add to this to deepen your experience, such as by turning it into a Pancha Karma Program!

## THE CUISINE AT SOMATHEERAM

Based on an Ayurvedic diet, many dishes are labeled according to dosha (ayurvedic constitutional types). The meals are always freshly prepared with seasonal vegetables and include the more well known Southern as well as Northern cuisines of India.

Additionally, western and other dishes are often included in the mouth-watering array that greets you at every meal! Non vegetarian meals are available for an extra charge. Please note that Ayurvedic doctors, quite often wondrous chefs themselves, have created most of the dishes!

## SHOPPING, SIGHTSEEING & EXCURSIONS

Right outside the Retreat Center is a quaint street chock full of exotic shops. There are tailor shops with excellent materials on the streets and in the retreat center. Please bring your favorite fashion magazine to show them just what you want made from the fabrics they have! Some great gift shops are strewn across this meandering path! Along the way down to the beach be prepared to be met by street vendors who have excellent wraps and shawls for cheap... bargaining is a tradition, so enjoy it!

## INCLUDED EXCURSION:

**Kanyakumari Temples** On the southernmost point of peninsular India, it is the meeting point of three

oceans: The Bay of Bengal, the Arabian Sea and the Indian Ocean. Besides its importance for its temples, it is famous for its beautiful views of both the sunrise and sunset over the waters. The multicolored sand is a unique feature of the beach here. There are many legends associated with this sacred place. We will also visit the Padmanabhapuram Palace close by.

**Trivandrum** a picturesque 45-minute drive away. Great shopping, museums and wonderful sites to see!

## WEATHER

Balmy! Temperatures drop down to a comfortable 68°F (20°C) at nights and the days are usually a pleasant 85-89°F (29-32°C). The air will be clear and breezy with an occasional tropical rain shower...beautiful weather for a little outdoor yoga practice, swimming in the ocean, shopping up the street or walks in the garden and of course night time is wonderful for star gazing with friends!

## PACKING LIST SUGGESTIONS

- Light summery clothing for day and light jacket/ wrap for cooler evenings
- Bathing suit, trunks
- Walking shoes, flip-flops & sandals
- Yoga clothes
- Yoga mat
- Toiletry
- Herbs & medicines
- Journal, inspirational books
- Alarm clock
- Mosquito repellent, sunscreen
- US Currency, Travelers Checks & Major credit cards are all accepted at most places in India and at Somatheeram/Manaltheeram Resorts. There are also money changers on the shopping street and their rates generally tend to be much better than those at the airport!

### Special note for those bringing electronics:

*If your devices run on both 110 and 220, you will only need a plug adaptor. If your devices run on 110 only, you will need a converter. Check your local electronics or travel store for more information.*

*By no means is this list exhaustive! Please do not hesitate to contact us if you have further questions. Please consider this an inspirational guideline and add as you see necessary!*



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## HELPFUL HINTS FOR A HEALTHY TRIP

Many people have questions as to whether or not to get shots prior to traveling to India. The Indian Government does not require any inoculations. It is best you contact your doctor if you have any questions. You may also check closer to the date of travel with the Indian Consulate or Center for Disease Control (CDC) for any updates or recommendations.

Prior to and continuing through his trips to India, Arun Deva chooses to strengthen his digestive and immune systems with the herbal formulations, Para Cleanse and Immune Support preventatively. It is best to start the products at least a week before beginning travel and continue them for a week after returning. You may find these products at [Banyan Botanicals](#). You should also speak with your healthcare provider for other options.

Please also note that the Retreat Center has a fully stocked Ayurvedic Pharmacy connected to the Treatment Center and the Doctors are always at hand. A full Medical Facility and Hospital is also close by.

While at the Retreat, it is recommended you stay away from street foods and water that is not provided or recommended by the Retreat Center. Filtered water is now easily available in India but if you are going on an excursion, please have the Retreat Center provide you with water bottles.

Arun has found that staying away from uncooked foods generally tends to keep him in better shape as there is always the possibility, as with anywhere, of picking up unwanted parasites. Most of the fruits and salads at the Center's restaurants are well washed and safe to eat but you will have to be your own judge, especially if you have a weak digestive system. It is worth noting that Arun has met many first time visitors to India who ate without a care and did very well!

## FLYING TO INDIA

Arriving in India is always an adventure. The sights, sounds, aromas seem larger than life! If you choose to arrive directly into Trivandrum International Airport, you will be met by a Somatheeram representative and transported by taxi to the Resort. There are domestic flights from all over the country and a variety of airlines that fly into Trivandrum. Just let us know of your arrival time and airline and you will be met at the airport. If you care to extend your accommodation before or after the retreat you may contact Chithra for special pricing at +91 944 77 21 000.

There are many airlines and options for travel to India.

In Arun's experience, [Emirates](#), [Qatar](#) and [Singapore Airlines](#) have generally offered the most reasonable fares with superior service. Other airlines also offer great deals, convenient flight plans and may be quite competitive. Please speak with your travel agent. Arun does not recommend any particular travel agent, as there are now so many online Internet Travel Providers and as in the case of Emirates, their website actually offers their best deals. One Agency that serves very well for both international travels to India as well as domestic travel within India: [MakeMyTrip.com](#)

Please note that India is 12.5 hours ahead of PST and 13.5 hours ahead of PSDT!

## PASSPORT & VISA REQUIREMENTS

**A valid passport and visa are required for entry into India!**

**Passports:** If you don't already have a passport please log onto [www.travel.state.gov](http://www.travel.state.gov) for more information.

**Visas:** Please visit the following website for all visa related information:

[indiavisa.travisaoutsourcing.com/homepage](http://indiavisa.travisaoutsourcing.com/homepage)

Visa applications sent by mail generally are said to take about 7-9 business days to process from the date of receipt. However, it is better to err on the side of caution! 5 and 10 year Visas are the same price. If you are applying for a 6 month visa, please know your visa's validity begins the date of issue! Please plan accordingly.

## TRAVEL INSURANCE

It is highly recommended that participants purchase trip cancellation insurance and international medical insurance. Please read the waiver fully to understand your obligations as well as the many reasons you may wish to have these Insurance Policies. [Global Travel Shield](#) generally offers a very reasonable Trip Cancellation Insurance. American Express offers similar service if the trip is booked through them.

A deposit of \$500 will secure a space on a first come, first served basis.

*LOOKING FORWARD TO SEEING YOU THERE!*

**Arun Deva**

[yogarasayana@gmail.com](mailto:yogarasayana@gmail.com)

310-435-4197

**Megan McCarver**

[megan@meganmccarver.com](mailto:megan@meganmccarver.com)

949-280-9968



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# 2012 YOGARASAYANA RETREAT IN KERALA INDIA

## REGISTRATION FORM

### 1ST GUEST

---

Full Name

---

Address

---

City

State

Zip

Country

---

Phone

---

Email

### 2ND GUEST (IF APPLICABLE)

---

Full Name

---

Address

---

City

State

Zip

Country

---

Phone

---

Email



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## ACCOMMODATION CHOICE: (MARK ONE)

### DOUBLE OCCUPANCY

I need a roommate. I am Male\_\_\_\_\_ Female\_\_\_\_\_

**Garden Cottage:** Per Person (Double Occupancy)

☐ \$2000 (Book by July 15, 2012)\_\_\_\_\_

☐ \$2300 (Book after July 15, 2012)\_\_\_\_\_

**Sea View Cottage:** Per Person

\$2100 (Book by July 15, 2012)

\$2400 (Book after July 15, 2012)

**Kerala House Deluxe (A/C):** Per Person

\$2400 (Book by July 15, 2012)

\$2700 (Book after July 15, 2012)

### SINGLE OCCUPANCY

**Garden Cottage:** Single Occupancy

\$2300 (Book by July 15, 2012)

\$2600 (Book after July 15, 2012)

**Sea View Cottage:** Single Occupancy

\$2400 (Book by July 15, 2012)

\$2700 (Book after July 15, 2012)

**Kerala House Deluxe (A/C):** Single Occupancy

\$2800 (Book by July 15, 2012)

\$3100 (Book after July 15, 2012)

**Garden Cottages** have beautiful gardens in front of the cottages. Rectangular or circular in plan, garden cottages are built with local materials and properly ventilated for maximum airflow. Most of the rooms provide hammocks for the occupants. Designed for double occupancy, garden cottages could accommodate a third person on client's request.

**Sea View Cottages** are also built with natural materials such as mud and bricks and have a view of the sea. These non A/C accommodations are mostly circular in shape and have thatched roofs. Although designed for double occupancy, an extra bed will be provided to accommodate a third person if required. These Cottages are also available with A/C on request. (Additional charges apply and in many cases you may be able to make this choice once you have checked in, although we cannot guarantee such)

**Kerala Houses** are A/C rooms built as per the principles of ancient Kerala architecture. The plentiful use of dark wood throughout the house and the wooden armchairs, beds and other furniture give the house a rich and striking appearance. Most of them offer an ocean view.

### I am attending the Temple Tour Option:

☐ \$600 (Book by July 15, 2012)\_\_\_\_\_

☐ \$700 (Book after July 15, 2012)\_\_\_\_\_

**Total Payment Due:** \$ \_\_\_\_\_



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## PAYMENT METHOD

Select One:

☐ **Payment in full**

☐ I am enclosing the full amount of \$\_\_\_\_\_

**I understand that my payment is subject to the following terms:**

The payment is refundable to me, less an administrative fees of \$250 if cancelled by July 31, 2012. Between July 31, 2012 and August 30, 2012 my refund will equal the amount of the refund that the Retreat Center returns to Trip Organizer, less \$250 administrative fees. After August 30, 2012, my money is forfeited unless the Trip Organizer can fill my spot at their discretion at which time I will receive my full amount less administrative and other fees of \$400.

☐ **\$500 Deposit**

I am enclosing a deposit of \$500 to reserve my space.

☐ I have paid a deposit of \$500 to reserve my space

**I understand that my deposit is subject to the following terms:**

Deposits are refundable, less administrative fees of \$150, by July 31, 2012. After July 31, 2012 and before August 30, 2012, deposits will be refundable, less administrative fees of \$250 only if the Retreat organizer can fill your space. If we are unable to fill your space, you will forfeit the complete deposit. No deposits will be refunded after August 30, 2012, regardless of the reason.

Deposits of \$500 will secure a space on a first come, first served basis, with the balance due August 30, 2012 at the latest. The balance due will be determined not by date of deposit but by the date of final payment, which will be based on pricing plan in effect on that date.

**PLEASE MAIL THIS FORM ALONG WITH CHECK OR MONEY ORDER TO:**

**Arun Deva**  
**950 Larrabee St #209**  
**West Hollywood, CA 90069**

## PAYMENT INFORMATION\*

\_\_\_\_\_  
Check#

\$\_\_\_\_\_  
Amount

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\*For credit card payments, please contact Arun at [yogarasayana@gmail.com](mailto:yogarasayana@gmail.com) and you will be sent a Paypal Invoice.

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**RESERVATION INFORMATION:**

To be completed by every traveler individually, including children

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Name (**exactly as it appears on your passport**)

---

Date of birth

---

Address

---

Telephone

---

Email

---

Passport number

---

Date and place of issue

---

Passport Expiration date  
(Passport must be valid for six months from time of travel)

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Indian Visa #, if not holding Indian Passport  
(Visa must be valid for at least six months from time of travel)

**Have you been to India before? If so, when and where?**

**Do you already practice yoga, and if yes, what kind?**

**Tell us about yourself and your interest in this retreat:**

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## YOGA, TREATMENTS AND OTHER ACTIVITIES WAIVER:

I (fill in your full name), \_\_\_\_\_, agree that I am solely responsible for my own health and safety at all times during the 2012 Kerala Yoga and Ayurveda Immersion Retreat with Arun Deva and Megan McCarver. Neither the facilitators nor Arun Deva, Megan McCarver, Somatheeram/Manaltheeram Ayurvedic Beach Resorts, their employees, nor any of Arun Deva's assistants, shall be held liable for any injury related to this Retreat. I agree to assume all risks associated with the program in any and all way.

Furthermore, I also agree to inform the appropriate person(s) of any movements, activities that I feel may injure me and I will not perform any activity or movement, or engage in any treatment which I feel is likely to cause me to injure myself. I will inform the teachers, therapists, practitioners and/or assistants of any limitations or medical conditions that may affect my practice.

I agree to treat my body with patience, compassion and respect during my practice.

I understand I can stop and rest anytime.

My signature indicates that I release Arun Deva, Megan Mccarver, his assistants, Somatheeram/Manaltheeram Ayurvedic Beach Resorts, and their employees, from all liability for any injuries sustained as a result of my participation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

Please mail this form along with check or money order (unless making payment online) to:

**Arun Deva**  
**950 Larrabee St #209**  
**West Hollywood, CA 90069**

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### RESERVATIONS AND PAYMENTS:

*For check payment, please fill out the forms starting on page 7 and mail in as directed.*

*For Paypal Invoice, please contact Arun at [yogarasayana@gmail.com](mailto:yogarasayana@gmail.com)*

*Please note, you will still be required to fill out and mail in your Information and Waiver Agreement Forms.*



# **Yogarasayana Retreat in Kerala India with Arun Deva & Megan McCarver**

## **RETREAT PARTICIPANT AGREEMENT**

**SEPTEMBER 22 - OCTOBER 5, 2012**

### **RELEASE/RESPONSIBILITY**

The participant, by signing this agreement, agrees that the Retreat Organizers (Arun Deva & Megan McCarver) and the Retreat Center (Somatheeram/Manaltheeram Ayurvedic Beach Resorts) and their respective representatives, will not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbance, government restrictions or regulations, accidents by aircraft, boat, train, or motor vehicle, or in any restaurant, place of visit or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes to transit; missed airline or other transportation connections; or additional expenses resulting from changes in exchange rates, tariffs, or itinerary. The participant agrees to assume all risks associated with the Retreat and agrees that no liability will attach to the Retreat Organizer and Retreat Center, their employees or agents, or to any member of the trip in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Retreat, howsoever caused. By signing this Retreat Participation Agreement, the participant releases the Retreat Organizer as well as the Retreat Center and their representatives from any such responsibility or liability, except as hereinabove set forth. The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), and accident insurance. For the benefit of everyone on your trip, the Retreat Organizer reserves the right to accept or reject any trip participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Retreat, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Retreat. The Retreat Organizer will have no responsibility or liability for any participant who leaves the Retreat prior to its conclusion or for any activity undertaken by any participant that is not included on the Retreat Itinerary.

### **RETREAT ITINERARY (INCLUDED IN COST)**

- 8 nights at Somatheeram/Manaltheeram Ayurvedic Beach Resort
- Lodging: Your choice of Standard Room, Garden Cottage, Special Cottage or Kerala House Deluxe (A/C)
- 2 hr Vinyasa Krama Yoga Sequencing w/Arun: First 7 mornings
- Ayurveda for Daily Living: 5 afternoon lectures
- Gentle Yoga w/Megan: First 7 days
- 7 days of daily Ayurvedic Treatments
- 1 sightseeing daytrip
- 3 Ayurvedic Vegetarian Meals Daily
- Ayurveda tour: Includes visits of the herbal garden and the medicine-manufacturing unit with staff doctor and translator
- Evening entertainment (as arranged by Somatheeram)
- Optional: ½ day local backwaters cruise in a country boat or ½ day city tour of Trivandrum
- Airport Transfer to/from Trivandrum International Airport
- Caparisoned elephant greeting upon arrival

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## TEMPLE TOUR ITINERARY (included in cost)

- 7 days Sightseeing in Tamil Nadu and Pondicherry
- Air travel from Trivandrum to Chennai
- All ground transportation
- Lodging: This will be on a shared room basis
- Morning yoga wherever possible (most hotels)

### Breakfasts.

- Some lunches and dinners may be included at the organizers' discretion.

### Not included in cost:

- Meals outside of those described above
- Entrance fees at temples or other places of interest

### Tips

- All expenses not covered above

### Lodging:

In the event you are traveling alone, seeking double occupancy, best efforts will be made to find a suitable roommate of the same gender for the retreat housing. However, in the unlikely event that a suitable roommate cannot be found, the Retreat Organizer will split the additional cost of single room occupancy with you. Therefore, you will be responsible for 50% of the additional cost. In addition, it may occur that a suitable roommate may be found for you at a lower or higher priced lodging option, if you choose to decline, you will be 100% responsible for the additional cost of single room occupancy in your lodging choice.

## RETREAT COST DOES NOT INCLUDE

Roundtrip airfare to/from India, domestic travel in India, or any other travel other than as above stated; tips (At Somatheeram, we will pool tips for the entire staff at the end estimated at no more than \$150 each), alcoholic beverages, any food or drink not included in package, passports or visas, any items of a personal nature or any other expenses other than those expressly described in the brochure and above.

## CANCELLATIONS AND REFUNDS

Regardless of the reason, cancellations result in additional costs and processing time. As such, all cancellations will be subject to a cancellation fee.

Deposits are refundable, less administrative fees of \$150, by July 31, 2012. After July 31, 2012 and before August 30, 2012, deposits will be refundable, less administrative fees of \$250 only if the Retreat organizer can fill your space. If we are unavailable to fill your space, you will forfeit the complete deposit. No deposits will be refunded after August 30, 2012, regardless of the reason.

If the participant leaves the trip prior to its conclusion, no refunds will be made for the unused portion except as deemed appropriate by the Retreat Organizer and Retreat Center who reserve the right to make that decision at their own discretion. No refunds will be made for any excursion, meal, yoga class, treatment or any other activity that the participant misses or decides not to participate in for any reason.

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I have read and understand the foregoing **Retreat Participant Agreement** for *Kerala, India Retreat with Arun Deva & Megan McCarver, a Yoga & Ayurveda Immersion* and, by either making my full or advance payment as set forth in the Registration and/or Advance Deposit Forms, agree to the terms thereof. Please reserve my space:

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Signature

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Date

---

Name as it appears on passport

---

Current Address

---

Telephone number

**Emergency Contact**

---

Name

---

Emergency contact number

*Submit Registration and Payments by mail to:*

**Arun Deva  
Arunachala Yoga & Ayurveda  
950 Larrabee St #209  
West Hollywood, CA 90069**

*Yogarasayana Retreat in Kerala India with Arun Deva & Megan McCarver  
September 22-October 5 2012  
[yogarasayana.com](http://yogarasayana.com)*

*For Paypal Invoice, please contact Arun Deva at [yogarasayana@gmail.com](mailto:yogarasayana@gmail.com)  
Please note, you will still be required to fill out the above Registration and Participant Agreement above and mail in.*

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