

Navjivan Vadil Kendra

Charity Reg. No. 1121930

Website www.nvk.org.uk

3rd Yoga Retreat

Dates: From 14th June till 19th June 2009.

Venue: Buckland Hall situated in beautiful Bracken National Park in Wales.

Accommodation: It is 4 Star accommodation. Each twin room has attached bathroom/toilet. Family room is extra large with 4 single beds, bathroom/ toilet with additional toilet.

Facilities: Each room has tea making facility, and clean towels are provided.

Food: Breakfast, lunch and dinner will be provided. We will try to arrange healthy diet. Beverages, juices, biscuits and fruits are available all day round.

Programme:

1. The main aim of the retreat is to promote a healthy living lifestyle. Two yoga sessions per day and long country walks will be the main theme of the retreat. While participants are free to undertake other activities in free time, **we request that this should not be undertaken at the cost of missing yoga sessions.**
2. Workshops of holistic subjects related to better health will be conducted during the retreat. Participants will be informed of the subjects in due course.
3. We hope to have entertainment after dinner where participation from all will make it more enjoyable.
4. Yoga tutors will be **Chandrikaben Bheda and Sejal Khajuria.**

Conditions:

1. Full payment will be required with application. The payment will not be refunded under any circumstances. Only the committee will have a right to decide in case of exceptional circumstances.
2. First priority will be given to NVK members. They **have to apply by 5th February 2009.**
3. Non NVK members can apply, but their applications will be kept on waiting list. **After 5th February, all applications will be accepted on first come first basis.**
4. Cheques to be made payable to Navjivan Vadil Kendra and to be posted to our treasurer, together with your completed application form:
Baburai T Shah 73 Addison Avenue LONDON N14 4AJ
5. All enquiries to : Jayant Doshi (email jubhai@aol.com); phone no 020 8954 1859
B T Shah (email hasmita.shah@talk21.com) phone no 020 8440 9968
6. Participants can request specific room allocation, **but the ultimate decision will be made by the committee, and the committee's decision has to be accepted by the participant.** Participants can name with whom they wish to share the room, but if they are put in four bed family room, they have to accept that decision.

Cost: Member of NVK will pay **£275.00** while non-member will pay **£300.00.**

Please note: Participants who have been allocated a family room will get a **refund of £40.00.**

Name of Applicant:

Address:

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Telephone No.

Mobile No.

Email Address

Full Payment is required with application.

Disclaimer :

Yoga and breathing exercises in general is safe and beneficial but needs to be practised judiciously, correctly and cautiously. As with any physical activity there is a risk of injury associated with Yoga and breathing exercises.

The participants by joining Yoga and breathing sessions organised on a voluntary basis expressly assumes all risks, full responsibility and liability for participating in Yoga ,breathing exercise and workshop sessions. Participating in yoga classes or the workshops is entirely at participants risk and any loss damage, injury or any other mishap will not be the responsibility of NVK and its organisers.

Signature -----