

REGISTRATION FORM | NATURAL TIME NIA WEEKEND

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|--|--|--|--|---|--|---------------------|--|
| First: | | | | Last: | | | |
| Mailing Address: | | | | | | | |
| Phone: | | | | Email: | | | |
| Dietary Requirements: | <input type="checkbox"/> Allergies _____ <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Other: _____ | | | | | | |
| Medical/physical conditions that may affect participation? | | | | | | | |
| Retreat Weekend Investment | <input type="checkbox"/> \$135.00 (5 Nia classes, meals*). <input type="checkbox"/> \$15/class (Locals rate. Classes only. No food/lodging) All fees includes a \$25.00 non-refundable deposit. <i>*Meals include Saturday/Sunday breakfasts, Friday Welcome Reception & Saturday Night Group Dinner</i> | | | | | | |
| <u>Emergency Contact</u> | Name: _____ | | | Phone: _____ | | Relationship: _____ | |
| <u>Payments may be made:</u> <i>Via cash, check, or CC at any of my Nia classes or to →</i> | Erin Damour 4632 Trumbull Ave SE Albuquerque, NM 87108 | | | via PayPal: erindamour@gmail.com <i>(Use the "Friends and Family" option to avoid fees.)</i> | | | |

Reservations

To confirm your attendance this form must be completed and returned via mail, email or in person. **A \$25.00 non-refundable deposit will confirm your reservation and must be received by October 10, 2019.** Registration fees are due in full by Friday, October 25, 2010. Completed form can be brought to any class or sent to:

Erin Damour
4632 Trumbull Ave SE
Albuquerque, NM 87108
erindamour@gmail.com

Lodging

Lodging must be arranged directly with Vista Verde. Contact the proprietor, Elizabeth, directly at 575-758-2758 or via email at elizabeth@vistaverderetreat.com. Visit the website www.vistaverderetreat.com to view options.

Refunds

All cancellations must be made in writing and are subject to the following cancellation charges:

- October 11, 2019 (21 days or more prior to event start date) = **Full refund less \$25.00 deposit**
- October 12-25, 2019 = 50% refundable
- October 26, 2019 – 6 days or fewer before event start date = 25% refundable

This policy is in addition to any cancellation fees that may be levied by 3rd parties, such as Vista Verde Retreat.

Cancellation of Retreat

We reserve the right to cancel should there be grounds to do so, in which event the entire payment will be refunded. We are not responsible for any other travel arrangements affected due to the cancellation.

Insurance

It is strongly recommended that participants take out travel insurance cover against cancellation and curtailment, operator or airline default, medical expenses, loss of luggage and personal effects. Nia with Erin will not be responsible for costs borne by clients due to cancellations.

I, _____ have read, understood and agree to the terms and conditions detailed on this reservation form.

SIGNED DATE

Natural Time Nia Weekend Itinerary

Friday, November 1 {Showing up for Yourself}

1:00 p.m. Arrivals and Settling In
2:30 p.m. Opening Nia Class (gentle 45 minutes) and Intention Setting
Free time to explore and rest.
5:30 p.m. Meet-n-Greet and Tour of Vista Verde
6:00 p.m. Welcome Reception
6:05 p.m. Sunset
7:45 p.m. Opening Circle and Dia De Los Muertos Dance Party
9:30 p.m. Campfire and Ceremony for All Saint's Day

Saturday, November 2 {Creating Space for Response-Ability}

7:27 a.m. Sunrise
8:15 a.m. Natural Time Nia Class
9:30 a.m. Breakfast
Free time and lunch on your own.
5:30 p.m. Fall Back Sunset Nia Class
6:04 p.m. Sunset
7:00 p.m. Group Dinner
8:30 p.m. Crystal Bowl Sound Healing by Brigita (30-45min. offered by donation)

Sunday, November 3 {Ride the Flow of Natural Time}

2:00 a.m. *Daylight Savings Ends*
6:28 a.m. Sunrise (easy does it!)
Gentle transition into Standard Time
8:15 a.m. Natural Time Nia Class & Closing Ceremony
9:30 a.m. Breakfast
11:45 a.m. Departures/Check-out

During the retreat, the moon will be in a waxing out of new moon to hopefully allow for great night sky viewing.