



Pamela Tosh
IndiPam NPO
13 Meeu Street
Southfield
Cape Town
South Africa
7880

pamela@indipam.com
WhatsApp +2783 475 2281

BOOKING FORM

Dear Member

We look forward to welcoming you to Vasudhalaya, 'The Gift' a transformational healing retreat.

LOCATION: Vasudhalaya, Shivpuri, Rishikesh

DATE: Saturday 13 April to Friday 18 April 2024

Please arrive from 08h00 to 10h00 on Saturday 13 April 2024 for your room allocation and a welcoming brunch to celebrate the start of our journey together.

Please complete this form and email it to us as we begin your registration process.

Full name:	
Passport number:	
Address:	
Telephone:	
Email:	
Gender:	Age:
IF BOOKING FOR TWO PERSONS PLEASE DUPLICATE AND COMPLETE THE FIRST PAGE AND ATTACH TO ORIGINAL SIGNED COPY. EMAIL TO pamela@indipam.com or pamelatosh@gmail.com.	
Next of kin/Emergency details:	
Are you taking medication? If yes, please explain in detail any health-related matters/surgeries/chronic conditions:	
Do you have any injuries? If yes, please specify.	
Please include any additional information:	

Please be informed that at Vasudhalaya we provide specially prepared and freshly cooked Sattvik vegetarian meals only. No alcohol, smoking or drugs will be permitted on these premises.

What we need from you:

- Do you need transfers from the airport or your existing accommodation?
- A copy of your passport for your accommodation booking.
- Any specific dietary requirements/Allergens.

Payment:

Saturday 13 April to Friday 18 April 2024 - 7 Days

Please confirm your method of payment and currency for invoicing

Please ensure that the amount payable is excluding any additional bank charges and transfer fees.

Calculation based on rate of exchange 20 February 2024

\$ 560.00 USD

- 1 Room – single occupancy : _____
- 1 Room – double occupancy : _____

Terms and conditions of your deposit and payment:

- USD 280 | 50% of the total cost is payable in advance to secure your booking.
- The balance or full amount is payable in advance or a week before the starting date.
- Please feel free to discuss payment terms if needed.

Additional charges:

Personal laundry, transport costs, scooter rentals etc. are for your own cost.

I am here to make your experience extra special, memorable and easy.

If you want to arrange any additions to your current package, please do not hesitate to ask me.

I am here to answer any questions in relation to tourist and local options.

Please discuss your preferences in advance to ensure that there are no hidden costs.

The same applies for any site, venues, organizations or individuals which may require a payment, entry fee or donation outside of the planned adventure retreat activities.

Whilst travelling in India:

Please refrain from giving money to beggars and con artists.

Please keep your belongings safe at all times.

Do not do any business or financial exchanges with anyone that is not a registered business or professional.

Please do not entertain people that you do not know and be aware of the unforeseen dangers and concerns in general when inviting strangers to your room.

Please note that the host or the venue cannot condone any destructive or illicit behaviour.

Suggestions of what to bring with you:

- Charging devices
- Combination Padlock
- Towel/s
- Musical instruments
- A journal
- Yoga mat
- Water bottle
- International driver's licence should you wish to rent a vehicle/scooter in India.

Everything you need is available to purchase in India, including Ayurveda medicine, cosmetics and toiletries.

We do not encourage the use of mobile phones during the retreat and suggest you plan your online activity to a minimal amount.

You can purchase a tourist sim card using your passport to stay connected however the venue does have free Wi-Fi.

BANKING DETAILS:

**IndiPam NPO
First National Bank
Cheque Account
ACC: 63051124782
CODE: 201109
SWIFT: FIRZAJJ**

Please read and sign the following disclaimer to confirm that you have read and agree with the terms and conditions herein:

Waiver:

1. I am participating in classes offered by Pamela Tosh, where I will receive information and instruction about yoga. I understand that yoga requires physical exertion which may be strenuous and can cause physical discomfort. I am fully aware of the risks involved.
2. I warrant and represent that I am physically fit and have no medical condition that would prevent my participation in any retreat activities. I agree to assume full responsibility for any risks, injury or damages, which I might incur as a result of participating in any retreat activities.
3. I knowingly and voluntarily waive any claim I might have against Pamela Tosh, the venue, staff or service providers for any risk, loss, injury or damages that me or my belongings sustain as a result of participating in this adventure retreat.

Please do not hesitate to contact me at any time if you have any queries.
Any additional information related to the retreat will be shared with you timeously.

Upon the receipt of this signed form an invoice will be sent to you.

I am looking forward to welcoming you to Vasudhalaya 'The Gift'.

Your host



Pamela Tosh
Founder
IndiPam Spiritual Legacy Foundation NPO Reg. 290-602

I have read the above waiver and agree to the terms and conditions stated herein.

Signed by _____ at: _____ on: _____

Thank you
Namaste