

Pulse Generator's Annual Yoga Retreat

We are going back to ANAMAYA & Costa Rica

March 9–16, 2019



Anamaya Resort is truly an exotic place, built on a cliff edge and overlooking the most incredible ocean views. The resort is next to an epic waterfall surrounded by rainforests, and located in one of the world's most beautiful tropical beach towns, Montezuma.

"Anamaya" is Sanskrit for "good health" and to us that means great healthy food, rest and relaxation, exercise, and lots of fun and laughter. As part of our yoga retreat, Anamaya offers us gourmet organic food, 2 beautiful yoga decks, a variety of amazing spa services, and the ability to customize your retreat with additional activities such as scuba diving, snorkeling, zip lining, surfing, cooking classes, Spanish lessons and Salsa dancing, all for your **Body, Mind and Spirit.**



Two Beautiful Yoga Decks



Two Yoga Classes Daily—all levels of yoga practice are welcome—Beginner to Advanced. Those who chose not to do yoga are also welcome to come.



A peaceful, relaxing and refreshing setting for every guest to enjoy!



Spectacular salt water infinity pool with a panoramic ocean view.

Adventure is right out the back door if you are looking for it.



3 tiered waterfall is a 10 minute hike away with wonderful cool pools for swimming.





Nestled on the hillside, every cabina is unique with their own ocean or jungle views, AC, decks and hammocks....



Indoor and outdoor shower and bathroom facilities, organic cotton linens and toiletry products are provided.





***Please join us this year for an unforgettable Anamaya
Experience.***

***There are only 26 spots available for this years retreat and the retreat fills
every year. Don't miss out, reserve your space today. This retreat is open
to all AHS employees and their guests.***

***When location permits, free yoga class registrations will be offered to
retreat participants.***

***Please do not hesitate to contact Joan at 780-407-7299 for more
information or to register.***



Pulse Generator/Anamaya Annual Yoga Retreat, March 9—16, 2019

In order to offer participants additional choice and flexibility we have adopted a new fee structure for this retreat. Please note that space is limited with only 26 spots available and will be allocated on a first come first serve basis and are subject to availability.

No. people per room	Price per person* *Prices do not include flights**	Your Total Cost
5 people (1-2 rooms available)**	1500.00	
4 people (1–2 rooms available)**	1800.00	
2 – 3 people (8-9 rooms available)	1850.00	
Optional Add Ons		
Yoga Package (14 hours)	\$125.00	
Beach Party – afternoon and sunset at the beach – includes transportation, snacks, bonfire, music, etc.	\$26.00	
Single supplement added to 2-3 person rate and must be added at time of registering (guaranteed single room -max. 3 rooms available)	\$1000.00	
	TOTAL	
less		
Deposit- non –refundable	\$650.00	
Administration	\$100.00	
	Payable at time or registration	-\$750.00
	Payment Balance	
Subsequent Payments	September 2018	
	January 2019	



DEPOSIT MUST BE PAID AT TIME OF REGISTRATION

*All prices per person are quoted in **CAD funds /per person** and include 7 nights/ 8 days accommodation and 3 chef prepared gourmet organic meals and 2 snacks per day.

** Rooms that accommodate 4 -5 people have 5 twin beds (some in lofts) and 2 full bathrooms. Space in these rooms will be allocated on a first come first serve basis and are acceptable for groups.

Optional Add-ons – You can include these items in your payment to us and we will take care of your payment in Anamaya or you can wait and pay for these items on your final bill at Anamaya.

-**Yoga package** includes all yoga classes provided at the retreat. You can prepay for your yoga or pay for individual classes that you take (\$15.00/class- paid when you check out).

ANAMAYA – Costa Rica and Yoga Retreat—Registration

March 9 - 16, 2019

Participant Name (please print): _____ D.O.B. _____

Mailing Address _____

Postal code _____

Preferred Contact Number: _____

Preferred Email: _____

Par-Q (please circle YES or NO)

YES NO Has your doctor ever said you have heart trouble?

YES NO Do you frequently suffer from pains in your heart or chest?

YES NO Do you often feel faint or have spells of severe dizziness?

YES NO Has your doctor ever said you blood pressure is too high?

YES NO Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercises or might be made worse with exercise?

YES NO Is there a good physical reason not mentioned here why you should not follow any activity program even if you wanted to?

In consideration of Alberta Health Services and the Pulse Generator Staff Recreation and Fitness Club accepting this, my registration for programs, and permitting me to use the Recreation Centre, I, hereby, both for myself and my heirs, release from liability and waive claims for negligence, which I may have as a result of my activities in or connected with the Pulse Generator Staff Recreation and Fitness Club, their members, officers, directors, employees, independent contractors and agents. I acknowledge that the Recreation and Fitness Club activities can be dangerous with risks (known or unknown) inherent in. I have read, understand and agree to all of the above.

Signature: _____ Date: _____

WitnessName: _____ Signature: _____ Date: _____