



Saraswati Writing & Yoga Workshop Brazil 2014

Registration Form

Workshop dates: April 7 - 14, 2014

Please complete one form per person, and send pages **1,2,3 & 5** to stephaniereneedossantos@gmail.com (pages can be scanned and sent by email as PDF attachments or snail mail). All payments must be made in USD. Pay online via PayPal or send payments by check or money order to:

Stephanie Renée dos Santos, 13524 254th PL NE, Arlington, WA, 98223, USA.

Name: _____
Age: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone
(H): _____ (C) _____ (W) _____
E-mail address: _____

Estimated Flight arrival Florianopolis: day _____ time _____ airline _____ (this information can be provided at a later date. We would like this information so we can be available to assist people as they fly in, if need be.)

Where did you hear about this workshop? _____

Yoga

Do you have previous yoga experience? _____ If so, how long? _____
In what style/s? _____

How often do you practice yoga/take classes? _____

Will you be attending the yoga classes on this retreat? _____

Do you have any current injuries, health conditions or chronic pain that may affect your

comfort/participation during yoga classes? If yes, Please explain.

Please check any conditions that apply:

- | | | |
|--|--|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Chronic Headaches |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Ulcers | <input type="checkbox"/> Low Blood Pressure |
| <input type="checkbox"/> Herniated/Bulging Disc | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Rheumatoid Arthritis |
| <input type="checkbox"/> Hernia | <input type="checkbox"/> Sciatica | <input type="checkbox"/> Scoliosis (what type) |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Digestive Disorders |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Immune Disorder |
| <input type="checkbox"/> Spondylolisthesis/lysis | <input type="checkbox"/> Allergies (food/meds) | <input type="checkbox"/> Mental Illness |

Any other health conditions or surgeries you have had that may affect you at the retreat?

Accommodation: Any special needs, like wheelchair accessibility? _____

Do you have any food allergies or special diet considerations we need to accommodate?

Anything else you would like us to know? _____

Please consult your doctor before starting any yoga if you have recently undergone any type of surgery or are taking medications

Writing

What writing project will you be focused on for the workshop: novel, memoir, short story, play, screenplay, narrative non-fiction, etc?

What is your writing experience? Are you published, self-published, unpublished with a completed manuscript, first-time writer? _____

What writing assistance are you hoping to receive at the workshop? _____

Please list 2 emergency contact people:

First contact: Name _____
Phone: _____ Relationship: _____

Second contact: Name _____
Phone: _____ Relationship: _____

Prices: Prices are per person, and include 7 nights lodging at Enchanted Mountain, 3 meals per day, yoga sessions and guided meditation and writing instruction each day, 2 off-site excursions to a local natural setting, and use of Enchanted Mountain facilities. Below, specify what accommodations you are signing up for.

Triple Occupancy (3 persons to a room): check box

Early Bird Discount Price= \$1,375.00 per person. You must pay deposit of \$425 by October 7, 2013 to receive this price.

Registration and deposit payment of \$425 after **October 7, 2013** until November 7, 2013 = \$1,450.00

Double Occupancy (2 persons to a room): check box

Early Bird Discount Price=\$1,435.00 per person. You must pay deposit of \$425 by October 7, 2013 to receive this price.

Registration and deposit payment of \$425 after **October 7, 2013** until November 7, 2013 = \$1,510.00

Single Occupancy (1 person to a room): check box

Early Bird Discount Price=\$1,585.00 per person. You must pay deposit of \$425 by October 7, 2013 to receive this price.

Registration and deposit payment of \$425 after **October 7, 2013** until November 7, 2013 = \$1,660.00

Deposit/Final Payments/Cancellation/Refunds/Contingencies/Travel Notes:

Minimum 12 participants, maximum 15.

*We encourage you to sign up early to receive the Early Bird discount, a \$125 value, and to secure your space. Previous workshops led by Barbara and by Stephanie have filled up quickly.

If the workshop is full ahead of registration closing on November 7, 2013, you can place your name on the waiting list.

Deposit & Final Payment: The \$425 deposit is required at time of registering and to hold your workshop space.

You must pay in full your deposit amount of \$425 by October 7, 2013 to receive the Early Bird discount and bonus of Barbara's online video workshop series "Writing Fiction That Sells" which you will receive at the time of final full payment.

Final full payment is due 30 days after workshop participation reaches 12 persons or by December 7, 2013 should workshop not fill until final registration closing on November 7, 2013, whichever comes first. You will be contacted by email in either case when full payment is due.

Note: Late balance payments will incur a \$10 late fee per day, after one week/7 days we regret you forfeit your space with no refund, your workshop spot then becomes available to someone on the waiting list.

If minimum attendance of 12 is not achieved by final registration closing on November 7, 2013 these options will be available to participants:

1. You may opt to allocate the transference of the Brazil workshop deposit of \$425 to attend the Saraswati Writing & Yoga Workshop in Fairhaven, Washington USA July 11-13, 2014; a 3-day intensive workshop with Barbara Kyle and Stephanie Renee dos Santos.
2. Or you may receive a full deposit refund minus any cost incurred transferring funds back to the recipient via PayPal.

Cancellation: If you need to cancel, it must be done in writing on or before October 7, 2013. You will receive a refund of \$225, minus any costs incurred to return this amount via PayPal. After October 7, 2013, we regret that we cannot offer any refunds.

Transferring your Registration to a 3rd party: In the event that you cannot attend the workshop after the closing date for refunds, but know of someone who can take your place, you can transfer the full amount of your fees paid to the 3rd party without penalty, on condition that we are notified promptly by both parties of this transaction and the third party completes the registration form and submits it to us. The option to do this closes November 7, 2013.

Contingencies: If for reasons of extreme illness, accident, injury or death of Stephanie Renée dos Santos or Barbara Kyle, making either one of them unable to teach, we will find another qualified teacher for the workshop group size of 12-15 people. In the extreme case that both Stephanie Renée dos Santos and Barbara Kyle expire and replacement teachers cannot lead, a full refund will be made to each participate minus \$150 of the overall cost paid, for another party to distribute funds back to participants.

Travel Notes: We strongly encourage you to wait to purchase your plane ticket and to apply for your visa until we have notified you that the minimum of 12 participants have signed up for the workshop. While waiting for this email confirmation, we suggest investigating your airfare cost options, gathering paperwork, lead time needs, and cost information affiliated with obtaining the necessary visa for your nationality. We encourage you to purchase travel insurance (Travel Guard) for your journey to cover you for any unforeseen misfortunes, such as illness or emergencies.

*We reserve the right to make itinerary changes and substitutions as necessary.

Prices do not include:

Flights, ground transport outside of Brazil nor to Enchanted Mountain by taxi/buses, or massages or other special spa treatments at Enchanted Mountain. Should you like to take trips outside of the advertised and posted workshop activities there will be someone at Enchanted Mountain to help you to arrange for this.

Please Print, Sign and Date below, agreeing to the following:

I have enclosed the following payment, payable to Stephanie Renée dos Santos:

(Send checks to Stephanie Renée dos Santos, 13524 254th PL NE, Arlington, WA, 98223).

\$_____ payment for: (Name/s)_____

I am in good health and feel confident in my ability to participate safely in this Saraswati Writing & Yoga Workshop Brazil 2014. I have read and understand the above payments and policies and agree to abide by them. I agree to hold Barbara Kyle and Stephanie Renée dos and Enchanted Mountain and all affiliate services free and harmless from any and all claims, demands, damages, costs, expenses, loss of services, and causes of action resulting from my participation in the Saraswati Writing & Yoga Workshop Brazil 2014. I agree to reimburse Enchanted Mountain for any damages or linen shortages resulting from my attendance on this workshop.

Name: (please print)

Signature: _____

Date: _____

Please keep a copy of this page for your records.

SCHEDULE:

The workshop starts at 8:30 p.m. Monday April 7, 2014. The first night begins with introductions followed by orientation and an opening circle. The workshop ends before lunch on Monday April 14, 2014 approximately 11:30 am.

* A more detailed schedule will be presented the first evening of the workshop.

Daily Schedule Sample

Day 1- Monday, April 7, 2014

-4:00-9:00 pm- Arrive at Enchanted Mountain - Check-In
-7:30-8:30pm- Dinner
-8:30-9:00-Welcome/Introductions/Orientation

Day 2-Tuesday

-7:30-8:30 am-Yoga for Writers (mantra/asanas)
-8:30-9:30- Breakfast
-9:30-10:00-Break
10:00-1:00- Writing Workshop
-1:00-2:00- Lunch
-2:00-2:30-Break
-2:30-3:00-Yoga Nidra (relaxing guided meditation)
-3:00-6:00- Writing Workshop
-6:00-7:00-Break
-7:00-8:00-Dinner

Day 8-Monday, April 14, 2014

-7:30-8:30 am-Yoga for Writers
-8:30-9:30-Breakfast
-9:30-10:00-Break
-10:00-11:30-Closing-Check-Out

Practical Information for Workshop

What to bring:

- Sunscreen
- All your writing materials, including laptop if you use one
- Comfortable clothes for yoga and writing
- Sun hat
- Hiking/walking shoes
- Insect repellent (there are not tons of mosquitoes, but to be prepared)
- Sunglasses
- Beach Towel
- Raincoat and umbrella for rain showers (remember this is the tropics!)

- Sweater and socks in summer as it can get cold if there is a rainstorm
- Swimsuit
- Any medicines that you normally use

Money:

-We suggest changing money when you arrive at the airport in Sao Paulo or Rio Janerio or in Florianopolis either US cash or use the ATM. I have found most US ATM cards work at HSCB ATMs or Banco do Brasil.

-Most shops in Garopaba take credit cards, **traveler's checks are not accepted.**

-You can change money in airports in Sao Paulo, Rio Janerio, and Florianopolis. Or in Garopaba there is an ATM at the Banco do Brasil that works for most international ATM cards.

Electricity:

-Most electricity is 220 in Brazil. If you bring an electric toothbrush, have it charged for your stay.

-Laptops use 110-220. You may need a plug adaptor. Bring one, or one can be purchased at Enchanted Mountain.

-Hair dryers need a transformer from 220 to 110, make sure you have the proper adaptor.

Internet/Calling:

-Enchanted Mountain has Wi-Fi in the main reception area and one community computer. It is assumed everyone will bring their own laptop. You may need an adaptor for your computer to plug into the local sockets. It is a straight two prong that works in Brazil.

To communicate from Brazil and around the world by phone, we suggest using a Skype as the other options are expensive and difficult to access.

*But we suggest that everyone go off the Internet as much as possible while at this workshop, as this is a time for you focus totally on your work-in-progress.

Eco-Tips:

Brazil is beautiful. Preservation of natural resources is important to us and the planet. For this reason, each guest receives one set of clean sheets and towel for the week. Daily the rooms are cleaned.

Come and enjoy the natural beauty of Brazil and relax at your pace: slow down, write, share your writing, learn/practice yoga specific for writers, and enjoy nature.

How to get here:

Delta, American Airlines, LAN, & United all fly to **São Paulo or Rio Janerio** connecting with TAM, GOL or Azul Airlines to **Florianópolis** in the state of Santa Catarina, Brazil. Taxi's and local buses leave from Florianópolis Airport to **Garopaba**. Taxi's run about \$80 one way. I suggest people try to share a taxi upon arrival in Florianópolis. If you would like to try and navigate the local bus system there are buses that leave the Florianópolis airport to downtown Florianópolis, where you can walk to the large bus

station to catch the Paulotour bus to Garopaba. The cost for the two buses one-way is about \$30 reais, \$15 USD. The taxi option takes about an hour to arrive at Enchanted Mountain. The local bus you will be traveling about 3 hours.

I suggest booking a flight straight through to Florianopolis where you can either stay in a hotel and travel to Garopaba the next day or go straight down to Garopaba when you arrive. Or stay a night in São Paulo or Rio Janeiro and fly to Florianopolis the next day. It is a long flight and breaking it up can ease the journey. Enchanted Mountain is located approximately 50 miles south of Florianopolis.

***Visa Information:**

All USA & Canadian citizens must have a valid passport and tourist visa to visit Brazil. For Americans the fee for a visa is \$160 plus the service fee paid to a courier to hand deliver your passport and visa application to the Consulate of Brazil for your area. For Canadians the cost comes to around \$190. It can take up to 2 months to obtain a Brazilian visa, so plan ahead. I suggest one should apply for a **multiple entry tourist visa** if you think you may want to return to Brazil in the future. It is valid for 5-10 years.

Use the Enchanted Mountain address when filling out your application:

Enchanted Mountain

Address:

Caixa Postal: 57 Garopaba
88495-000 Garopaba, Santa Caterina
Brazil

Telefone: 55 + (48) 3254-2112

Email: iytbr@fastmail.fm

***Make sure your airline tickets, visa, and passport name are all the same.**

***Tourist Visa:** When filling out the Brazilian consulate paper work for your visa application, it is important to explain the purpose of your trip to Brazil is **tourism**.

Here are websites to help you get started:

USA Citizens

http://www.brazilsf.org/other_consulates_eng.htm

<http://www.passportfolder.com>

Canadian Citizens

<http://www.southamerica.travel/CANvisains.html>

Lonely Planet's Visa Information for world

<http://www.lonelyplanet.com/brazil/practical-information/visas>

