



# The Essence of Yoga Center

## Mexico Yoga Retreat Registration

February 4 through February 11, 2023

Casa Om

Puerto Morelos, Mexico

Students of all levels are welcome. To register for this retreat, please complete this form and mail with your \$200 deposit\* to Cara Sparkman at 44 Richmond Ave. Lexington, KY 40502. The remaining balance is due by January 4th and is non-refundable. In case of the need for cancellation, please make sure you have travelers insurance. \*Refundable through Dec. 1, 2022

### Retreat Selections:

Option 1: On-Campus

Single **\$2290**

Double **\$1620**

Dormitory **\$1410**

Option 2: Off-Campus **\$1050**

### Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Amount Enclosed (please make payable to Cara Sparkman): \_\_\_\_\_

Is there anything you'd like us to know? Do you have any requests for the yoga practice? Please let us know: