



MakeYoga Ltd

web: www.makeyoga.co.uk

IG: @makeyogastudio

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Email: studio@makeyoga.co.uk

YOGA RETREAT BOOKING FORM

RETREAT NAME: La Dolce Vita

DATES: 14th June - 20th June 2026

ORGANISED BY: MakeYoga Ltd

RETREAT PLACE: Sabina Hills, Italy

ARRIVAL TIME: Anytime from 15.30pm on 14th June 2026

DEPARTURE TIME: 10.00am on 20th June 2026

PRICE:

- **Double Room Occupancy** £1400 by 31st January 2026
 £1750 after 31st January 2026
- **Single Room Occupancy** £1699 by 31st January 2026
 £1999 after 31st January 2026
- **Single Occupancy Glamping Yourt** £1080 by 31st January 2026
 £1200 after 31st January 2026
- **Single Occupancy Caravan -** £1080 by 31st January 2026
 £1200 after 31st January 2026

DEPOSIT:

£350 non-refundable deposit is required to secure the place.

The rest of the amount can be paid in monthly instalments with the last payment being made by **15th May 2026**. Please contact us on studio@makeyoga.co.uk

WHAT'S INCLUDED:

- 6 night's stay in shared double room, single occupancy room, single occupancy glamping yourt or single occupancy caravan
- Full board includes breakfast, lunch, light snack and dinner
- 2 yoga classes each (Pilates optional) + 1 surprise workshop with Viola
- 1 sound bath evening session (crystal singing bowls or handpan)
- 1 day hike excursion in Farfa gorge + transport
- Farewell pizza and wine dinner at the local restaurant on Friday evening before departure
- Yoga equipment, matts, bolsters etc.
- Minibus transfer to and from the airport (only if you are on the recommended flight times)

WHAT'S NOT INCLUDED:

- Flight or train to Rome
- Massages (optional)
- Travel insurance

WHAT TO BRING:

Suncream, sunglasses, hat, swimwear, light clothing, waterproof, comfortable shoes, flipflops, comfortable clothing to practice yoga, warm jumper/light jacket; a book for a free time.

WHATSAPP GROUP:

A private WhatsApp group will be created with the retreat participants so you can chat to your fellow yogis before or if you would like to travel as a group. You are welcome to ask any questions too.

*****ONCE COMPLETED, PLEASE EMAIL THE FORM TO: studio@makeyoga.co.uk**

BOOKING DETAILS

NAME	
MOBILE	
EMAIL	
ANY SIGNIFICANT HEALTH PROBLEMS OR INJURIES	
ANY DIETARY REQUIREMENTS OR ALLERGIES	
HAVE YOU DONE SOME YOGA BEFORE?	
LET US KNOW THE NAME OF THE ROOM YOU WANT TO BE ALLOCATED TO (See Retreat Brochure for more information) *Rooms are allocated on first come first served basis*	
TRAVEL ARRANGEMENTS: Nearer the time we will ask you to send us your travel details. The nearest airport is Rome FCO Rome Fiumicino.	
AIRPORT TRANSFER? Write Yes or No	

PAYMENT DETAILS:

I have paid a £350 deposit (non-refundable, non-transferable).	
I would like to pay the rest of the balance in instalments. When answering, please let us know if monthly payments or in half or a full payment? Let us know the date you would like to start your monthly instalments, and we will calculate and email you with a confirmation for the amount to be paid to us either each month or as proffered.	

ALL PAYMENTS SHOULD BE MADE TO THE BELOW BANK ACCOUNT:

MakeYoga Ltd
Sort code: 09-01-28
Account: 59217595
Ref. Your Name, retreat

A digital receipt will be emailed after every payment made/received.

Refund and Cancellation Policy

This policy is for any trainings and retreats booked directly with MakeYoga Ltd.

Any classes, workshops, trainings, or retreats booked through a 3rd party, will have their own policies that should be explained to you by the 3rd party at time of booking.

All workshops and retreat deposits are non-refundable.

A refund (minus the deposit) will be made for cancellations made more than 4 months before the start date.

For cancellations less than 4 months before the start date there will be 50% charge or transfers unless: the course/retreat is full, and your place can be filled from a waiting list in these cases, we will refund the 50% fee, minus deposit.

If a training or retreat is cancelled, you will be offered either a refund or the option of being transferred to an alternative event.

Once you have committed to a course, we recommend that you attend the scheduled number of sessions to get the most out of the programme.

We are unable to give refunds in the case of cancelled transport (trains, aeroplanes etc). Please ensure you take out relevant insurance to protect yourself against this.

We reserve the right to cancel a training or retreat for any reason. Whilst we would only do this in exceptional circumstances that means we are unable to offer the course as advertised, or if there are insufficient numbers to make it viable for MakeYoga Ltd. Should this be the case, we will notify you as soon as we have knowledge of the cancellation and will refund you the full £ (sterling) amount you have paid us in respect of the course.

We will not be responsible for any additional expenses that you may have incurred in respect of the course, including travel, accommodation, or exchange rate losses.

With any questions, please email us on studio@makeyoga.co.uk

I read and agree with all described in Yoga Retreat Booking Form and Refund & Cancellation Policy:

Print Name:	Signature: