

## TERMS AND CONDITIONS FOR:

SOUL–food Costa Rica

March 4-10, 2017

Trip Leader: Carol Donahoe

[www.soulfood-retreats.com](http://www.soulfood-retreats.com)

Our host facility, Vida Asana, is located in the beautiful surfing community of Playa Hermosa, Costa Rica. It boasts a beautiful tropical setting between the rainforest and the ocean.

### What's Included

- 6 nights at the beautiful Eco-Resort Vida Asana
- Daily Meditation
- Daily Yoga
- 3 vegetarian or pescatarian meals a day made with mostly organic ingredients
- Group transportation to and from the airport
- 4 off site adventures, including a surfing lesson, zip lining and waterfall rappelling, horseback riding and a field trip to Manuel Antonio National Park
- A special welcome gift
- Beer/wine served with dinner
- 1 Sangria/Reggae night

### What's Not Included

- Airfare to and from SJO
- Additional nights in Costa Rica before or after retreat dates
- Travel Insurance (not optional)
- Non-included alcoholic beverages, snacks and beverages, personal items or gifts, phone calls
- Any incurred medical expenses or evacuation costs from remote areas.
- Any additional expenses due to illness, trip delay or extension due to weather, political disputes, sickness, failure of transportation or

other causes beyond my control.

- Gratuity for any services not included in the trip package.
- Other non-included items such as additional activities, healing sessions, spa services or tours not included in the trip package.

### **Payment**

A nonrefundable deposit of \$500.00 USD and your trip application form is needed to reserve your spot. Final payment is due January 3, 2017. All payments are by Paypal, Credit Card, money order or cashier's check, made out to Strength Infusion, LLC.

### **Cancellation and refunds**

If cancellation occurs at any time before departure there will be total loss of your \$500 deposit. Any cancellation received in writing from 60-89 days will result in a loss of 50% of the total trip price. Any cancellation between 59 days and the trip departure will result in a total loss of funds. I reserve the right to cancel the trip if it is not meeting the trip minimum (If I do so, your deposit is refunded). Trip cancellation insurance is MANDATORY. All cancellations must be made to Carol Donahoe, in writing and any refund requests must be made in writing to Carol Donahoe, within 30 days of the return date. Please send written requests to [retreats@caroldonahoe.com](mailto:retreats@caroldonahoe.com) Carol Donahoe, DBA Strength Infusion, LLC reserves the right to cancel any trip prior to departure for any reason whatsoever, including an insufficient number of participants or logistical problems (e.g. acts of God, war, strikes, etc.), which may impede trip operations. The refund of all payments described in the paragraph below shall release Carol Donahoe, DBA Strength Infusion, LLC from any further liability. A trip cancellation due to insufficient numbers would normally occur at least a month prior to departure, unless acts of God, war, strikes or other events impede our departure, causing large numbers of participants to cancel participation on the journey in the last days before departure.

Carol Donahoe DBA Strength Infusion, LLC must make substantial payments to suppliers (including providers of and travel) far in advance of the scheduled date on which we embark. If a trip is cancelled due to forces beyond our control (acts of God, war, labor strikes, earthquake, flooding, etc), Carol Donahoe DBS Strength Infusion, LLC will promptly refund the

portion of the trip cost not advanced to suppliers. Carol Donahoe DBA Strength Infusion, LLC will use its best efforts to recover advance payments as promptly as possible, and will refund to you the amount recovered, if any. However, Carol Donahoe DBA Strength Infusion, LLC does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceeding in foreign lands. This policy applies to a trip cancellation by client choice following any necessary increase in trip costs.

**Thank you for joining me in this adventure and for your cooperation and understanding!**