

Sunflower Retreats Holidays

Fact Sheet

Prices

Option 'A' - Village House

Twin Room, shared bathroom: €500 Single occupancy: + €110

Option 'B' - Casa Latini. All rooms with en-suite bathroom

Twin room with lounge: €650 Single occupancy: + €150

Twin loft room: €540 Single occupancy: + €110

Single loft room: €540

Option 'C' - Casa Bella Vista

Twin room with private bathroom: €620 Single occupancy: + €150

Your Holiday Includes:

6 nights accommodation with breakfast, 1 yoga class daily Friday to Tuesday, a guided walk and use of bicycles.

Extra Cost:

Therapies and individual yoga tuition, pony trekking, visits to thermal spas and excursions. Extras will be payable in Euros

Single travellers will be accommodated in twin rooms with another guest of the same gender.

They may also opt to pay a supplement to have a twin or double room to themselves.

Two week holidays are available for double the weekly cost and include the middle Wednesday's accommodation.

Guests who do not practice yoga are also welcome on our holidays and all the activities and get €100 per-person reduction in the price of holidays.

If you would like to stay for less than 6 nights, please contact our booking office and we will try to accommodate you.

Booking your holiday

Holidays can be booked and paid-for online at: www.sunflowerretreats.com/dates.htm.

Alternatively, you can reserve and book through our office. Reservations are only held for 48 hours. To book your holiday, print and complete the Booking Form and make a deposit payment of €130 per-person, per-week.

The balance of your payment is due 3 weeks before the start of your holiday.

Deposit and balance payments may be made by cheque, payable to 'Sunflower Retreats Holidays', by online bank transfer, by PayPal or by credit (not debit) card by calling: 0116 259 9422 (+44 116 259 9422 from outside the UK) or filling in the details on the booking form.

For last-minute bookings only: payment of the outstanding balance is due on arrival in Italy and can be made in cash (£, € or \$) or by credit card.

There is a €10 per-person surcharge for credit card, PayPal and online payments. This is added to the final balance payment.

Holidays are priced in Euros. For guests booking a holiday using a Sterling cheque to pay the deposit, the Sterling/Euro exchange on the day booking is made will be used. The same rate will also be used to calculate the balance payment.

Cash can be withdrawn from the local cash point, but please be aware that there is only one cash point in Casperia and it cannot be guaranteed to work all of the time, so bring enough cash with you.

Important: Don't forget your PIN number! We do not accept cheques in Italy.

Children

If you are considering bringing your children to your yoga holiday, we can arrange self-catering accommodation for you in the village of Casperia. To increase your enjoyment of this retreat holiday it is recommended that you have your own transport, to give you flexibility of scheduling. Unfortunately, there are no baby-sitting facilities available in Casperia.

Travel

Visit our web site (www.sunflowerretreats.com) for a printable guide to train and bus connections from Rome's airports, and for forms to book personal collection options and notify us of your arrival time. We recommend that you plan your journey to arrive no later than 17.00.

2010 Holiday dates

March 18 - March 24

March 25 - March 31

April 1 - April 7

April 8 - April 14

April 22 - April 28

April 29 - May 5

May 6 - May 12

May 13 - May 19

May 20 - May 26

June 3 - June 9

June 10 - June 16

June 17 - June 23

June 24 - June 30

July 1 - July 7

July 8 - July 14

July 15 - July 21

July 22 - July 28

July 29 - August 4

August 5 - August 11

August 19 - August 25

August 26 - September 1

September 2 - September 8

September 9 - September 15

September 16 - September 22

September 23 - September 29

September 30 - October 6

October 7 - October 13

October 14 - October 20

October 21 - October 27

October 28 - November 3