

**APPLICATION FOR VISHOKA MEDITATION RETREAT AT HIMALAYAN INSTITUTE INDIA, KHAJURAHO
WITH PANDIT RAJMANI TIGUNAIT AND ISHAN TIGUNAIT
FEBRUARY 20-MARCH 6, 2022**

The Vishoka Meditation Retreat (“Retreat”) with Pandit Rajmani Tigunait, PhD and Ishan Tigunait includes the opportunity for continuing spiritual practice at Himalayan Institute India at Khajuraho (“HII Khajuraho”) and the Sri Vidya Shrine. Your Retreat is by advance application and prior approval by Himalayan Institute of Yoga Science and Philosophy of the USA (“Retreat Organizer”).

The Retreat is focused on spiritual practice. There will be time for study, practice, reading, journaling, walks in nature, and contemplation.

The Terms and Conditions outlined below are made a part of this Application for the Retreat (“Application”). Each person registering must complete an Application. A deposit of \$850 is required with this Application. Upon approval, **the balance is due by the specified deadlines in order to receive the stated rate. Late Only rates expire on the dates indicated below. If any balance is not paid by the date indicated, the rate increases to the next higher rate level.** If Application is made within the late registration period, full payment is required with the Application upon confirmation of space.

In order to receive the rates noted above, full payment must be received by the corresponding rate closing date noted above. Full payment is due at time of registration for all late registrations. Reservations requested and postmarked after December 15, 2021 will be processed on a space available basis, and will incur higher rates.

An \$850.00 partially refundable deposit per person will secure space on a first come basis. Deposits are not transferrable. **For the early registration rate full payment must be received by October 25, 2021. For regular registration rate pay the balance due by December 15, 2021. Balances not paid by the stated deadlines revert to the next period’s higher rates.** After December 15, 2021 rates increase (as reflected in the late registration rates shown above) and must be paid in full when registering.

Please read the Retreat Terms and Conditions section in its entirety, paying specific attention to the sections regarding Off-Campus Activities, Dress and Conduct, Emotional Relationships, and Quiet Times.

Retreat Terms and Conditions

RESERVATIONS: Application for a Retreat does not ensure participation. For this reason, it is inadvisable to purchase airline tickets until you’ve received written confirmation from Retreat Organizer that you have been accepted into the selected Retreat. **Full payment in U.S. Dollars** for the Retreat must be postmarked and paid in full by the dates indicated to receive the specified rates. Rates indicated are per person based on shared accommodations. Reservations requested and/or postmarked after the regular registration period will be processed on a space available basis. Late registration rate must be paid in full when space is confirmed. Reservations are not considered complete until a signed Application and deposit are received. After the close of a registration period, any balance not paid by said date reverts to the next higher rate level.

An \$850 deposit will secure space in the order received. Registration is contingent upon receipt of a fully completed, signed Application as noted in “Rates.” Deposits and payments are not transferrable. If the Retreat is full, deposits and Applications will be accepted on a wait-list basis in the order received. If space becomes available, you will be notified and your registration will be confirmed. Should you decline an offered space, the deposit, per the terms of the cancellation policy, will be forfeited. If space does not become available, your deposit will be refunded.

RATES: Land Only rates do not include international and domestic air or train. Participants are responsible for getting to the starting point of the Retreat (Khajuraho) on the date the Retreat begins. The rate for the Retreat is per person and includes shared accommodations, lacto-ovo vegetarian meals, and scheduled group activities as outlined in the itinerary. Single/private accommodations cannot be guaranteed in advance of your stay and, if available, will incur additional fees. Also see "Accommodations".

LAND ONLY SADHANA RETREAT RATES (14 nights/15 days at HII Khajuraho)

Spring 2022: FEBRUARY 20 – March 6, 2022

Early (closes October 25, 2021) - Shared Room - \$2299 / Dorm - \$2149 / Shared Deluxe Room - \$2449

Regular (closes December 15, 2021): Shared Room - \$2499 / Dorm - \$2349 / Shared Deluxe Room - \$2649

Late (after December 15, space available basis): Regular Registration Rates increase by \$250

(Late registration is on a space-available basis; full payment is required when space is confirmed)

RETREAT RATE INCLUDES: Accommodations: Shared accommodation in double, triple, or dormitory style rooms (4-6 people) with shared en suite bath at HII Khajuraho. Retreat Organizer reserves the right to substitute accommodations as it deems necessary. Sheets, pillow and case, one (1) thin wool blanket and one (1) thick wool blanket, one (1) Indian-style towel, and mosquito nets are provided (seasonally). If you are coming without a roommate and you snore, please let us know when you register, so that we can help you make the best arrangements. Solo travelers: If you are traveling alone, we will assign roommate(s) of the same gender. **Meals:** Breakfast, lunch, and dinner during the Retreat at HII Khajuraho. All meals are lacto-ovo Indian vegetarian. Consult in advance with the Retreat Organizer about health-related special dietary needs, however, HII Khajuraho is unable to ensure meals for special dietary needs at this time. **Khajuraho Transfers:** Pick-up/drop-off at Khajuraho Airport by HII Khajuraho (must be arranged in advance). Porterage will be provided for one (1) duffel bag or suitcase and one (1) carry-on size bag per person, at owner's risk. Charges may apply for porterage of additional baggage.

RETREAT RATE DOES NOT INCLUDE: International or domestic airfare or train; passports; visas; inoculations; meals or other expenses while in transit between departure airport and arrival at HII Khajuraho; pick-up or drop-off at the Khajuraho train station or at times other than the scheduled group airport pickup and drop-off; transfers not otherwise noted herein; additional expenses for late arrivals or early departures; laundry; bottled water or beverages; cover charges; baggage or other airline fees or service charges; excess baggage charges; entrance fees; camera or video use fees charged by monuments or sites; accident, trip cancellation/interruption, and baggage insurance; medical treatment/emergency rescue expenses or insurance; expenses for guides, transportation, or deviations not included in the Retreat ; gratuities and taxes for personal services and purchases; toilet paper while at HII Khajuraho; any items of a personal nature; and any other item not heretofore specifically listed as included.

CHANGES: The Retreat rate is based on rates of exchange and tariffs in effect at the time of publication and is subject to adjustment. Changes to the Retreat are not anticipated, however, Retreat Organizer reserves the right to make any changes that it determines are necessary, with or without advance notice. Changes of Retreat will not result in a refund of any portion of the Retreat rate. In the event of any change in rates of exchange, tariffs, or Retreat that result in additional costs, these additional costs must be paid by the participant before departure or as soon as the change becomes known.

REVISION FEES: If changes are requested by participant after deposit is received, revision fees and/or cancellation fees will apply. A fee of \$95 per transaction will be charged by the Retreat Organizer for any alteration or revision made to an Application. Any revision to an Application may result in the loss of confirmed reservations or increased rates and costs which will be payable by the participant. **A change of Retreat dates will be treated as a cancellation and a new Application will be required; cancellation and administrative fees apply.**

CANCELLATIONS/REFUNDS: All requests for cancellation must be submitted in writing to the Retreat Organizer. Your cancellation date will be the date on which we receive your written notice. Allow 30 days for refunds to be processed. Regardless of the reason, cancellations of confirmed reservations or transfers to new Retreat dates result in additional costs and processing time for the Retreat Organizer.

A \$95 administrative fee plus the following charges will be assessed for cancellation:

| | |
|---|---------------------------------------|
| Up to October 24, 2021 | \$500 |
| October 25, 2021 – December 15, 2021 | \$850 |
| December 15, 2021 – January 20, 2022 | 50% of total Retreat rate per person |
| January 21, 2022 to start date and no shows | 100% of total Retreat rate per person |

If the participant arrives late or leaves the Retreat prior to its conclusion, refunds will not be made for the unused portion of the Retreat. No refunds will be made for any meal or other scheduled activity that the participant misses or decides not to take for any reason. **Refunds will not be made for cancellations due to accident, illness, or life events. It is strongly recommended that participants purchase trip cancellation insurance to protect you from cancellation fees, lost baggage, and medical assistance and/or medical evacuation in the case of an emergency.** The Retreat Organizer reserves the right to cancel any Retreat prior to departure and/or arrival. If such cancellation is not due to circumstances beyond the Retreat Organizer’s control, such as war, etc. as set forth below, the Retreat Organizer will refund all payments participant made to Retreat Organizer, constituting full settlement with the participant. No compensation or refund will be made when cancellation arises before or during the Retreat from circumstances beyond our and/or our suppliers’ control (force majeure) such as war, strife, civil disobedience, terrorist activity, adverse weather conditions, fire, natural disasters, etc. In the event of cancellation arising from circumstances beyond our control as set forth above, Retreat -related sums recovered by the Retreat Organizer will be disbursed equitably to the participants after the Retreat Organizer deducts all out-of-pocket costs and related expenses. The Retreat Organizer is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the Retreat as a result of circumstances beyond our and/or our suppliers’ control such as war, etc. as set forth above.

NATURE OF PROGRAM: The program is a Retreat focused on deepening one’s spiritual practice. Participants are strongly discouraged from starting the Retreat late or leaving the Retreat early.

Portions of the Retreat could be considered rustic and rigorous and are best approached with a spirit of openness and adventure. **Each participant is advised to consult with his or her medical specialist prior to departure and must advise the Retreat Organizer in advance in writing of any condition that may require attention during the Retreat,** so the participant, with the assistance of the Retreat Organizer, can make the necessary arrangements. Participants with a disability requiring special assistance are advised that the Americans with Disabilities Act is not applicable outside of the United States and facilities outside the United States for disabled individuals are limited, if available. Portions of the Retreat may involve lengthy periods of standing, sitting, climbing stairs, hiking, or walking on unpaved surfaces. Persons requiring assistance must be accompanied by a companion who is capable of and responsible for providing all the assistance needed (normal Retreat rates apply for the companion).

Smoking is not permitted in buses or other vehicles, at meals, in hotel rooms, Himalayan Institute buildings, eco-cottages or tents, or during lectures, workshops, or practicums, whether held indoors or outside.

HEALTH AND FITNESS REQUIREMENT: You must be in good health and physical condition to participate on the Retreat. If you have a pre-existing condition which is not well controlled and has required medical intervention in the past 24 months you must have your doctor complete a medical form to certify you as fit to participate. If you suffer from severe muscular, chest, heart, sight, hearing, or bronchial disorders, or if you are a severe asthmatic, or have high blood pressure, you are strongly advised against participating. The Retreat takes place in remote areas where there is little or no access to normal medical services or hospital facilities for serious medical problems. Evacuation, where necessary, can be prolonged, difficult, and expensive. Medical and evacuation expenses will be your responsibility. The Retreat Organizer reserves the right in its absolute discretion to refuse a participant the right to participate in a Retreat on medical or fitness grounds.

MEDICAL DISCLOSURE: You declare and warrant that: you are in good health and mental and physical fitness at the time of booking this Retreat; you have disclosed to the Retreat Organizer every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to the Retreat Organizer’s decision to permit you to go on a Retreat; immediately upon any adverse change in your health or fitness that may be likely to affect the

Retreat Organizer's decision to permit you to go on a Retreat you will notify the Retreat Organizer in writing of any such adverse change; Retreat Organizers are permitted to disclose medical information to our consultant doctor; the Retreat Organizer's consultant doctor may exclude you from a Retreat if he/she deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the excursion through to the departure and extends for the duration of the excursion. If you fail to comply with the duty of disclosure in this condition and if the Retreat Organizer would not have permitted you to undertake the excursion, or continue participation of the excursion, had you made full disclosure under this condition, the Retreat Organizer will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you.

COVID-19 SAFETY MEASURES AND PROTOCOLS: We will be following the best practices per the CDC, WHO, and Government of India guidelines including, but not limited to, requiring COVID-19 vaccination of all participants and staff, testing prior to departure from home country, testing upon arrival in India, self-monitoring for symptoms, mask wearing and other precautions during travel, continued mask wearing and social distancing in public settings while traveling outside the HI Khajuraho campus. Proof of COVID-19 vaccination is required for all excursion participants. All local HI staff are fully vaccinated.

A wellness check will be conducted upon arrival, and will consist of a temperature scan, rapid COVID-19 antigen testing, and wellness questions. Random COVID-19 testing of participants and staff will be conducted throughout the excursion. PRC tests can be facilitated at an additional cost. We will ask you these COVID-19 related wellness questions on arrival: Do you have any COVID-19 symptoms not related to a pre-existing condition? Have you been exposed to COVID-19 in the last 14 days? If you test positive for COVID-19 or answer yes to any of the above questions you will be required to quarantine for a minimum of 5 days on campus (per availability of a private room) or at a nearby hotel until a COVID-19 PCR test results are negative.

We will ask you about your travel history in the 14 day prior to arrival at HI Khajuraho. If you've done extensive travel or travelled to a known COVID-19 hotspot in the 14 days prior to arrival you may be required to maintain mask wearing and social distancing for at least 5 days until the results of a COVID-19 PCR test come back negative.

Any additional costs, including but not limited to private rooms, hotel rooms, meals, medical services, transportation, and COVID-19 testing that arise due to a positive or potential COVID-19 case are the responsibility of the participant.

PCR testing will be facilitated 48-72 hours prior to the end of the excursion for those with international departures. PCR testing costs are the responsibility of the participant. Masking requirements will follow Government of India requirements at the time of the event. In the event masking restrictions are lifted, masks will be optional indoors. Masks will be required for anyone with possible COVID-19 symptoms, or exposure to COVID-19. We will maintain thorough cleaning and ventilation throughout our buildings and practice spaces. Lectures, practicums, and yoga classes will take place in our open air pavilion. Seated meditation practice and prayers will be held in the Sri Vidya Shrine which has 3 practice spaces, 2 indoor and 1 outdoor space. Participants can comfortably spread out between all three spaces for their meditation practices.

Our COVID-19 policies may change as the situation changes and new information becomes available. Staff and guests agree to use COVID-19 safety strategies when traveling per the recommendations of the CDC. Details of these strategies can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

DRESS AND CONDUCT: Conservative, modest, loose-fitting attire is appropriate for your stay in India and at HI Khajuraho. Due to cultural customs in India, Retreat Organizer asks women to refrain from wearing shorts of any length, capris shorter than ankle length, tops with spaghetti straps, halter tops, tank tops, plunging necklines or backs; form-fitting clothing; and short skirts or miniskirts. Men are asked to refrain from wearing muscle shirts. Shirts and footwear must be worn outside. Outside shoes are to be removed before entering the Shrine and other Institute buildings. Shoes or slippers designated for indoor use are to be worn in the Main Building and the Guest House. No shoes are to be worn in the Sri Vidya Shrine.

Use of alcohol and illicit drugs is strictly prohibited. HI Khajuraho is a smoke-free campus. Smoking is only permitted in a designated outside area. **Violation of these policies is subject to immediate dismissal from campus and the Retreat.**

Earphones must be used with all electronic or other devices with audio capability.

QUIET HOURS: Quiet hours are observed daily between 9:30 p.m. and 8:00 a.m. During those hours, kindly observe silence or speak briefly in a whisper so that other's practice is not disturbed.

EMOTIONAL RELATIONSHIPS: In an effort to help you avoid distraction and to concentrate your energy fully on your quest for self-discovery, we strongly recommend that you refrain from forming intense emotional relationships during your Retreat. Such relationships divert energy from your inner focus, change your Retreat, and change someone else's Retreat as well.

OFF-CAMPUS ACTIVITIES: We have found that changing from a hectic daily routine to a quiet, meditative lifestyle takes time. To enhance that process, it is best to have as few distractions as possible. To minimize distractions, and to help maintain inner focus, it is suggested that except for scheduled off-campus Retreat activities, a participant remain on campus for the first 7 days of a Retreat. Thereafter, it is helpful to limit off-campus trips for necessities. This gives you the opportunity to participate more fully in the Retreat so you will gain the maximum benefit. Departures from campus for non-scheduled activities require signing out at the front gate.

CURFEW: It is not advisable to be off campus before sunrise or after dusk given the remote location of the HII Khajuraho campus. For your safety when going off campus for non-scheduled activities, those on Retreat are asked to return to campus no later than dusk. This curfew is in effect whether hiking locally or going to town by taxi in a registered, licensed vehicle. When leaving campus for non-scheduled activities, it is advisable that 3-4 individuals make the journey together with at least one man per group of women, if possible. Retreat Organizer and Retreat Organizer's local staff or representatives shall not be held liable for any assistance provided for non-scheduled activities.

WHAT TO BRING: Temperatures range from the 40s F (4C) to the high 90s and low 100's (32-37°C) depending on the time of year. Few accommodations in India have air-conditioning or heat, and electricity is unreliable, so plan accordingly. The Retreat Organizer recommends that each participant bring a sleeping bag during the winter season, writing paper, pens, a flashlight, a hat, sunscreen, gloves, a sweater, a warm jacket or coat, socks, footwear designated for indoor use, toilet paper, personal toiletries, and sturdy, comfortable shoes for walking/trekking. A small, frameless day pack and a duffel bag which can accommodate a sleeping bag are suggested. A full packing list will be provided. Participant is responsible for determining baggage and weight limitations for all airlines utilized. Airlines may allow more than one piece of luggage per person. **The Retreat Organizer limits luggage to one duffel bag or suitcase per person and one carry-on size bag per person.** Additional charges may apply for if the participant requires **Porterage for additional luggage.** Luggage may be carried within India on tarpaulin-covered roof racks or open trucks. Weather and loading and unloading can cause more than usual wear and tear to luggage. Accordingly, all luggage should be capable of withstanding rain and rugged treatment.

PASSPORT AND VISA: Each participant is responsible for determining specific passport and visa requirements in the participant's country of origin and for obtaining the necessary documents prior to departure. Passport and India Retreatist visa must be obtained in advance before booking and purchasing airline tickets. Passports must be valid for at least 6 months beyond the Retreat return date. It is advisable to have a minimum of 3 blank pages in the back of your passport. Retreat Organizer is not responsible if you are refused entry to a country due to incorrect passport, visa, or other required documentation. **Passport/visa/emergency contact information must be provided in advance of a Retreat.**

LANGUAGE: All scheduled lectures, workshops, satsanga, and other presentations will be in English.

PHOTOGRAPHS/VIDEO: Representatives of the Retreat Organizer may be photographing and video/audio recording portions of the Retreat. The Retreat Organizer reserves the right to use any such photographs and video/audio recording in its advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Retreat Organizer and its representatives from any liability in connection with any such use of such photographs and video recording.

Photography and video/audio recording by Retreat participants is not permitted during any Retreat lectures, workshops, practicums, or special events.

RELEASE/RESPONSIBILITY: The participant, by signing this Application for Sadhana Retreat , agrees that the Retreat Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to, any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations; accidents by aircraft, boat, bicycle or motor vehicle, or in any hotel, inn, restaurant, accommodation or camp; failure of any means of transportation to arrive or depart as scheduled or changes in transit, hotel, inn, guest house or camping services; missed airline or other transport connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary. The participant agrees to assume all risks associated with the Retreat and agrees that no liability will attach to the Retreat Organizer, its employees or agents, or to any member of the Retreat in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the trip, howsoever caused.

By signing this Application, the participant releases the Retreat Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth.

The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), accident, and medical treatment/emergency rescue insurance.

The Retreat Organizer reserves the right to accept or reject any Retreat participant at any time, without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is not suitable for the Retreat or is disruptive to the harmony of the Retreat it may dismiss such participant from the Retreat without any obligation to pay a refund or any other amount whatsoever. The Retreat Organizer may elect to exclude any dismissed participant from future offerings. The Retreat Organizer will have no responsibility or liability for any participant who leaves the Retreat prior to its conclusion or for any activity undertaken by any participant which is not included on the Retreat program.

I have read and understand the foregoing Application for Sadhana Retreat and Terms and Conditions and, by making my advance payment as set forth below, agree to the terms thereof. I understand that violation of the Retreat policies is cause for immediate dismissal from the campus and the Retreat.

LAND ONLY RETREAT RATES (14 nights/15 days at HI Khajuraho): FEBRUARY 20 – MARCH 6, 2022

- ✓ **Check one:** ☐ Two recent passport size photos of me are enclosed. ☐ My high resolution passport photo will be emailed to Excursions@HimalayanInstitute.org
- ✓ **Check one:** ☐ Copies of the photo/signature pages of my passport, and India visa will be provided. ☐ Copies of my valid passport and visa have been provided.

Please reserve my Retreat at HII Khajuraho.

Signature (required)

Date

(PLEASE PRINT)

Name _____ Male
Female _____
(Full name as it appears on passport) (Circle one)

Address _____

City/State/Zip/Postal Code _____

Country _____ Occupation _____ Date of Birth: _____
(Mm/dd/yyyy)

Telephone: Days _____ Evenings _____

Mobile #: _____ Email: _____
_____ initial giving permission to email

Payment is due in U.S. dollars and may be made by check, money order, or credit card. Payment by check or money order helps to support Himalayan Institute global humanitarian projects. If Application is made within the late registration period, full payment is required with Application upon confirmation of space.

☐ Enclosed is my ☐ check # _____ ☐ money order (U.S. funds only) in the amount of \$ _____ as ☐ deposit ☐ payment in full for my Sadhana Retreat in Khajuraho, India. **Make check or money order payable to HIMALAYAN INSTITUTE.**

OR

☐ Charge my ☐ MasterCard ☐ VISA ☐ American Express ☐ Discover card in the amount of \$ _____ as ☐ deposit ☐ payment in full for my Sadhana Retreat.

(PLEASE PRINT)

Name: _____ 3 or 4 digit CV # (from front or back of credit card) _____
(as it appears on credit card)

(Credit Card Number) Expiration Date (mm/yyyy)

Signature (required on credit card orders)

Complete, sign, and return all pages of the Application for Sadhana Retreat with your payment to: Himalayan Institute Excursions, Attn: Alat Shanti Tigunait, Spiritual Excursions, 952 Bethany Turnpike, Honesdale, PA 18431. A confirmation will be

sent to you upon acceptance, acknowledging receipt of your payment. **RETAIN A COPY OF YOUR COMPLETED APPLICATION FOR YOUR RECORDS.**