

Coastal Consciousness: Igniting a Personal Revolution
With Allison Sobel at Sansara
February 26 - March 4, 2023

Program Details:

Join an amazing team of two, Allison Sobel and Bella Craig in the beautiful country of Panama for an unforgettable yoga, meditation & healthy living reboot retreat. Give yourself a chance to connect in nature, soaking in all the beautiful sites that Panama has to offer while building friendships that will last a lifetime. An opportunity to embrace your life more fully!

We'll be spending 6 nights and 7 days at the stunning [Sansara Resort](#), located on the Pacific Ocean in stunning Cambutel, Panama.

Retreat offerings & inclusions:

6 nights lodging at Sansara Surf and Yoga Resort
Airport & Sansara transportation
3 healthy, balanced meals daily made w/local, fresh ingredients
Morning and evening yoga (vinyasa & restorative), overlooking the ocean
Daily group meditations
3 yoga-barre classes during your stay
Fresh fruit, local fair trade coffee, tea and filtered water w/breakfast
Complimentary use of kayak, SUP boards and snorkel gear
Complimentary bikes for exploring the area
Beach bonfire
Hypo-allergenic bedding & towels
Organic spa products in every room

Additional:

Airfare to Panama City
Meals the day/evening of arrival and departure into Panama City Viejo
Additional excursions, surf lessons and/or rentals
First night lodging in Panama City if applicable (see details below)
Spa services
Private Positive Psychology Life Coaching Session with Allison
Alcohol
Snacks, smoothies, juices
Travel insurance (recommended)
Gratuities

Rates and Accommodations:

Investment is per person (non-refundable deposit and taxes included):

All pricing is per person, inclusive of taxes

Quadruple Occupancy - Ranchito \$2300 (3 spots left)

Triple Occupancy – Anahata \$2399

Double Occupancy – Rio Chico \$2699

Cedro Espino – 2 Queen Beds/Double Occupancy \$2799

Travel suggestions:

We recommend flying into Panama City (PTY) one day prior to the retreat start date to allow for participation in the transportation to Sansara Resort. We suggest staying in the Casco Viejo area of Panama City to experience the historical yet restored district of the city. Transportation leaves Casco Viejo at 8:30AM on February 26th, 2023.

Recommended hotels in Panama City:

\$\$ Magnolia Inn; \$\$\$ Central hotel; \$\$\$\$ American Trade Hotel; \$\$\$\$ Las Clementinos; \$\$\$ Sofitel Hotel

On the return, please book flights no earlier than 6:00 PM on March 4th, 2023 to allow time to arrive in Panama City Airport from Sansara.

Payments & cancellations:

\$500 non-refundable deposit required to secure your space along with a signed retreat waiver. Please request a waiver form from allisonsobelyoga@gmail.com.

Full payment due 60 days (12/26/2022) prior to the retreat.

If you should need to cancel refunds will be issued up to 90 days (11/26/2022) before the start of the retreat.

Payment options:

To secure your spot, please Venmo Your non-refundable deposit of \$500 to Allison - @allison-sobel-1 or Personal Check

Personal checks preferred for final balance due no later than 12/26/22.

Health:

Upon registering for this retreat you ensure that you have no physical or medical conditions that would adversely affect your ability to stay at Sansara and to take part in the yoga program or other physical or cultural activities offered. Attending a retreat at Sansara is at your own risk and as such we and Sansara are not liable for any injuries incurred while on property.

Release and Waiver of Liability:

I, (print name _____, residing at
(address) _____, hereby
acknowledge and agree to the following:

I am participating in Coastal Consciousness: Igniting a Personal Revolution Retreat by Allison Sobel and Bella Craig ("hosts"), during which I will receive information and instruction concerning matters including yoga, health and general wellness and will participate in a number of activities, including the physical practice of yoga.

I am fully aware that yoga requires physical exertion and I will be responsible for recognizing my own physical limitations, which include but are not limited to, not engaging in any action that feels uncomfortable or painful in any way. I will practice yoga at a pace and effort level that feels safe and appropriate for my own physical condition. I understand that in addition to the physical nature of yoga, it may be mentally and/or emotionally strenuous, resulting in certain unforeseen injuries.

I have previously engaged in some form of yoga practice and understand the nature of activities and the risks involved in my participation. All activities prepared or promoted by hosts will present varying degrees of risk that I take full responsibility to independently evaluate and assume. I will not participate in any activities I believe may cause me harm. I take full responsibility for all physical and mental injuries of any kind that I may suffer, including, without limitation, all muscle injuries, heart-related incidents, damage to physical or mental health, and death caused directly or indirectly by any information, instruction or activities conducted or promoted by hosts or any of their agents or representatives, whether or not resulting from the negligent actions or omissions of the foregoing parties. I fully agree to assume the risk of injury and further agree to release hosts from any and all liability resulting from the actions of third parties.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Coastal Consciousness: Igniting a Personal Revolution Retreat. I understand that it is the host's policy that all individuals participating in a fitness retreat should consult a physician before participating. I represent and warrant, understanding that the hosts will act in reliance of such, that I am in good physical condition, am physically fit, and I have no medical conditions that would impair my ability, or endanger me in any way whatsoever, from participating in the Retreat and all other activities conducted by or promoted by the hosts, of which I will independently evaluate and assess on a continuing basis.

I will not under any circumstances ingest, consume, or take into my body or on my person drugs or other illegal substances during the Retreat. It is understood that at points during the Retreat I may drink (an) alcoholic beverage(s) under my own discretion and will be fully responsible for my own actions. I take full responsibility for any loss, damage, or theft of any personal property brought to the Retreat, and acknowledge that under no circumstances, including any negligence, will the hosts, or any of their agents or representatives be responsible or liable for my personal property.

I agree to abide by the best practices suggested by the hosts while on the Retreat, and specifically assume the risks inherent in yoga, bodywork, aesthetician services, and ingesting foods that I may not have been previously exposed to. My allergies, medical conditions, other physical conditions, and the like, if any, have been disclosed to the hosts and I assume the risks inherent in exposing myself to a new culture and destination.

I understand that the cost of the Retreat is non-refundable.

I acknowledge that I have had sufficient time and opportunity to thoroughly review the entirety of this Release and Waiver of Liability, understand its contents, and agree to the attestations I have made herein.

I agree that this agreement will be governed by and interpreted in accordance with the laws of the State of Pennsylvania, United States of America.

I agree that the invalidity or unenforceability of any provision of this Release and Waiver of Liability, or any portion thereof, shall not affect the validity or enforceability of the remainder of this agreement.

In view of the entirety of this Release and Waiver of Liability, I hereby agree that I, my assignees, heirs, successors, agents, guardians, and legal representatives will not make a claim against Allison Sobel, Bella Craig, or their employees, agents, or representatives for any injuries, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Retreat. I further hereby forever release Allison Sobel, Bella Craig, and their employees, agents, and representatives from all actions, demands, claims, and liability or any kind whatsoever that I, my assignees, heirs, successors, agents, guardians, and legal representatives now have or may hereafter have for any injury, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Retreat.

The fulfillment of this agreement by either party is subjected to acts of God, war, government regulation, disaster, hurricane, flood, influential terrorist attacks, strikes, civil disorder, and curtailment of required transportation or other emergencies making it inadvisable, illegal or impossible to fulfill this agreement. It is provided that this agreement may be terminated for any one or more of such reasons by written notice from one party to the other, without liability.

By signing below, you declare that you have read and are in agreement of the policies of this trip.

Signed by: _____

Print name: _____

Date: _____

Room request: _____

Anything else we should know? Food restrictions, allergies, medications, etc?
With proper notice vegan dishes can be prepared.