



Costa Rican Yoga Retreat Survey

(Answering this survey in no way constitutes a commitment or a reservation for the upcoming retreat)

Please answer all questions to the best of your ability and return to Yama Yoga either by e-mail, mail or turn in at the desk no later than April 1, 2010.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

1. What month of the year would work best for you to attend this retreat for 7 days?

- June/July (rainy season)
- Sept/Oct (rainy season)
- November (end of rainy season)
- Jan/Feb (dry season)

2. Check all activities in which you would be interested in participating.

- Yoga How many classes per day _____
- Beach Trip
- Surfing
- Volcano Tour
- Waterfall Hike
- Rainforest Tour
- Ziplining over rainforest canopy
- Massage and Body Treatments
- Herbal consultation
- Bio treatments
- Singing Bowl Meditation
- Horseback riding
- Kayaking
- Meditation
- Coffee plantation tour
- Quiet time, poolside lounging
- Organic Farm Tour

3. Would you like pre-arranged group transportation to and from Chicago/O'Hare?

- Yes
- No

4. Would you be willing to share a room or would you pay extra to stay alone?

- Double occupancy is fine
- I would be bringing a companion
- I would pay extra to stay alone

Next Page

5. Food Preferences

- Vegan
- Vegetarian
- Fish and Chicken Only
- Fish only
- Omnivore

6. The most I would be willing or able to spend on this all-inclusive retreat (airfare, transportation, airport tax, lodging, meals, yoga and excursions) would be:

- \$1700-\$1800
- \$1800-\$1900
- \$1900-\$2000
- \$2000-\$2100

(price does not include gratuities and additional purchases or excursions not pre-arranged for the package)

7. What are your primary reasons for considering this retreat?
