



# TRIBAL SOUND HEALING

## RETREAT in **Colombia 2016!**

*Lead by Anthar Kharana (Colombia)*

### Registration Form

Please sign and send it back via E-mail to: [retreat@tribalsoundhealing.com](mailto:retreat@tribalsoundhealing.com)

#### 1. PERSONAL DETAILS

FULL NAME:

ADDRESS:

DATE & PLACE OF BIRTH:

TELEPHONE NUMBER:

MOBILE NUMBER:

E-MAIL:

OCCUPATION:

FACEBOOK: (optional)

PASSPORT NUMBER:

DO YOU HAVE TRAVEL INSURANCE:

GP's NAME:

GP's ADDRESS:

GP's PHONE NUMBER:

NEXT OF KIN BACK IN YOUR COUNTRY FOR EMERGENCY:

## 2. **HEALTH:** *(Please describe as detailed as you can)*

### **High Altitude walk**

For part of the journey while on retreat, you will be given the opportunity to participate on different walks including a sacred pilgrimage high up into the andean mountains, The Paramo. There you will visit a very sacred lake which holds the legend of the beginning of the people of this magical land, the Muisca. This walk is an important part of the retreat and of the sacredness of the land and culture in Colombia.

We would like everyone to come on this walk, but due to the high altitude of this area, should you have any health concerns/illness that may be affected by the high altitude, please consult your doctor or seek medical advice before going to Colombia.

The altitude is 3800 – 4000 mts, and sometimes altitude sickness may be experienced at this level in the Andes. Altitude sickness is caused by acute exposure to low partial pressure of oxygen at high altitude.

Although the risk is minimal, we ask that for your own safety and others on the walk that you take responsibility for yourself and know your own capabilities and make a decision on whether this Andean walk is suitable for you. If you can't join this walk, there will be a parallel activity visiting another sacred sites around the area.

*Should you have any more questions about this please do not hesitate to contact us at anytime.*

Are you, or is there a possibility that you may be pregnant?

Do you have a heart condition/heart health issues?

Do you have or have you ever had epilepsy or any type of seizures?

Do you have or have you ever had or experienced anxiety, depression or other mental health illness?

Do you have any physical illness or injuries?

Have you had any other experiences induced by sound or frequency" (*such as migraines, tinnitus, etc*)

Do you have or know of any other health concerns, including any kind of allergies? (*if any allergies , please seek medical advice from your GP before travelling*)

Are you currently on any medication? (*If yes please give full details*)

Do you have any special dietary requirements?

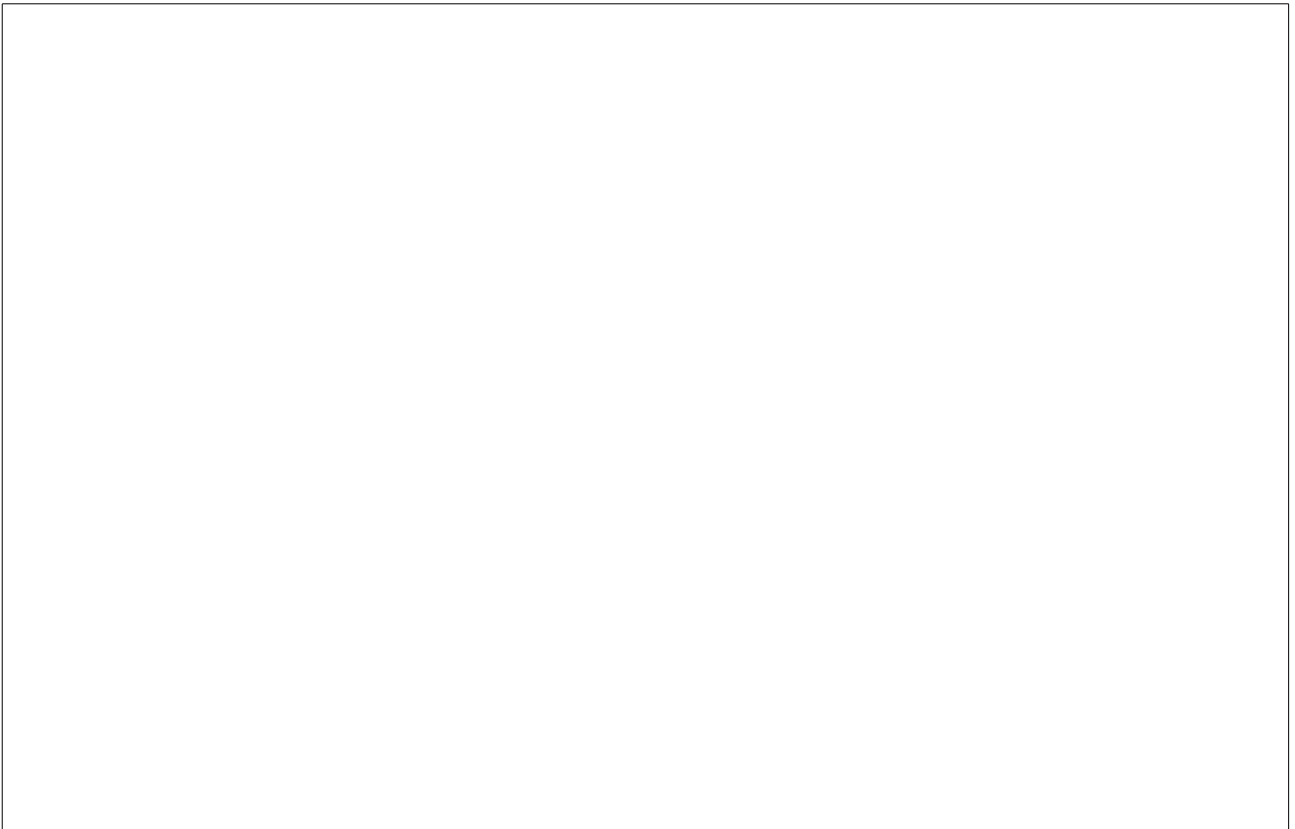
Would you be interested in Traditional Plant Healing Ceremonies? (*if yes, please contact us for more information*)

**YES / NO**

Please use this space to add any extra information or enquiries you might have, including any other health concerns.



It is important for us to know if you have any particular expectation, please use this space to write if there is any specific area that you would like to learn about.



**3. PAYMENTS:** *(Please delete or highlight according to your option)*

*I'm interested in:	<b><u>Full 2 week retreat</u></b>	<b><u>First week only</u></b>
	£1300 (Deposit before 1 <sup>st</sup> January 2016)	£1000
	£1500 (Deposit After 1 <sup>st</sup> January 2016)	

**DEPOSIT:** £400 (+ £900 for Early Bird or + £1100 for Full Price)

***\*To receive the Early Bird (E.B) discount, your deposit needs to be paid by 1<sup>st</sup> January 2016 and full payment needs to be received by 15<sup>th</sup> January 2016***

***\*\*Please be aware that an extra 5% has to be added for any PAYPAL transactions (Ex, £400 -> £420)***

\*What is the best way for full payments:            **CASH**            **ONLINE TRANSFER**

\*When would you expect to send your deposit by? *(approx.)*

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

\*When are you intending to make final payment by? *(approx.)*

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**\*On receipt of your Registration Form you will be sent further details for your transactions.**

## 4. FLYING TO COLOMBIA

You should be planning your itinerary to arrive by Monday 1<sup>st</sup> February which means you should look at travelling from Sunday 31<sup>st</sup> January or even before in order to arrive in the morning of the 1<sup>st</sup> at 8am to our meeting point in **Bogotá**. We will be waiting for you with a wonderful Colombian Breakfast and our private bus ready to depart to our first location. The address of the meeting point will be on your *Welcome Pack*.

Sunday 14<sup>th</sup> February will be our last day of the retreat and we will return to the airport in Bogota from the Caribbean Coast in the afternoon.

**\*Your ticket bookings:** from Sunday **31<sup>st</sup> January** (or before) to **14<sup>th</sup> February** (14<sup>th</sup> Feb Afternoon or evening preferable, as we will be returning from the caribbean coast to the airport in Bogota on that day. We will supply you with a list of hotels to accommodate you on your early arrival and also in case you decide to stay extra days in the Country).

There are different ways to flight to Colombia, some of them much more affordable than others. We strongly recommend you to look at [www.lastminute.com](http://www.lastminute.com) (flights) they normally have very good options! You can also look at similar websites (skyscanner, despegar, etc) instead of the actual airline website. If you buy your ticket in advance you could get it as cheap as £450 return!

If you are travelling from England or Scotland, here are some examples of Airlines:

BRITISH AIRWAYS (Direct or 1 stop in Madrid)  
AVIANCA (Direct)  
DELTA (1 stop in USA)  
AMERICAN AIRLINES (1 stop in USA)  
CONTINENTAL (1 stop in USA)  
LUFTHANSA (1 stop in Frankfurt)  
IBERIA (1 stop in Madrid)  
AIR FRANCE (1 stop in France)

You should also consider to split the journey with two (2) plane tickets as follow: getting an Easyjet or Ryanair ticket from your origin in the UK to one of the European countries that travel to Colombia (Madrid, France, Frankfurt, etc, if you are NOT UK or EU Citizen, you might need Transit Visa to do this, please double check with your embassy), and a second one from that country to Bogota. Tickets from other European countries can be lower in cost in comparison to a direct ticket from London, and if you plan with enough time, you can get a good deal with Easyjet or Ryanair.

*\*Please do not hesitate to contact us if you feel you need some help with planning your journey.*

This is an example found via [www.lastminute.com](http://www.lastminute.com) (searched on Monday 6<sup>th</sup> December 2015)

lastminute.com
0800 083 4000

Search flights » Choose flight » Reservation » Payment » Billing » Details

**Change your search**

Depart. apt:  Arrival apt:

Outbound:   One way Return:

Passengers:  Class:

[SEARCH](#)

Requested dates  My dates are flexible

**Filter by Price**

From 449 £ to 887 £

**Choose the most convenient travel option**

Only direct options 500 £

**Outbound** **Return**

I want to depart and arrive on the same day 449 £

**Outbound Departure Time**

[Morning](#) [Afternoon](#) [Evening](#)

Between 06:20 AM and 10:30 PM

**Outbound Stops**

0 stops 500 £

1 stop 449 £

2 stops 542 £

**Outbound Stop Duration**

From 0 to 20h 6m

**Duration of Outbound Journey**

From 11h 25m to 35h 36m

**Filter by Location**

I want to depart from and

### Search results

Currency: Pounds (GBP)

200 results available

This page shows a comparison of prices, per passenger, supplied by the providers. You can get a free quotation for your booking by clicking "Continue". The booking may incur [additional charges](#).

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**Sort by:** Dep. time Arr. time Stop Duration From To Price per person per route

**British Airways+AVIANCA+American Airlines** Economy

→	Sun 31/01	09:10 London Heathrow	1	21:03 Bogota Eldorado	16h53	9	<b>449£</b>
←	Sun 14/02	15:09 Bogota Eldorado	1	10:25 (+1) London Heathrow	14h16	8	<a href="#" style="background-color: #e91e63; color: white; padding: 5px 10px; border-radius: 3px;">CONTINUE</a>

[Details](#) ▾

**British Airways+AVIANCA** Economy

→	Sun 31/01	09:10 London Heathrow	1	21:03 Bogota Eldorado	16h53	9	<b>449£</b>
←	Sun 14/02	14:07 Bogota Eldorado	1	10:25 (+1) London Heathrow	15h18	8	<a href="#" style="background-color: #e91e63; color: white; padding: 5px 10px; border-radius: 3px;">CONTINUE</a>

[Details](#) ▾

**British Airways+AVIANCA+American Airlines** Economy

→	Sun 31/01	13:50 London Heathrow	1	06:44 (+1) Bogota Eldorado	21h54	7	<b>449£</b>
←	Sun 14/02	15:09 Bogota Eldorado	1	10:25 (+1) London Heathrow	14h16	8	<a href="#" style="background-color: #e91e63; color: white; padding: 5px 10px; border-radius: 3px;">CONTINUE</a>

[Details](#) ▾

## **5. BAGGAGE & TRAVELLING LIGHT**

We recommend that you try to bring a good backpacker rucksack and may be some extras that will be easy to carry. Even though we will all help each other, we will be moving through different locations along the two weeks, so do your best to make your journey simple and light, we are sure that you will return to UK with extra goodies!

Also we recommend not to bring too many valuable things just so you don't have to be worrying about them through the journey (for ex. sea water and sand or humid temperatures can damage or deteriorate some goods). Hear yourself and bring what you really feel you need.

All of the locations you will visit are very well known for their safety and warm welcome from their inhabitants, who will make your journey happily unforgettable.

Happy Travelling!!

Tribal Sound Healing Retreat wishes you a wonderful journey and is looking forward to welcoming you to this very special experience and a beautiful and warm country is awaiting you! Colombia!

## **6. MAIN CONTACT DETAILS:**

General Enquiries: [retreat@tribalsoundhealing.com](mailto:retreat@tribalsoundhealing.com)

Anthar Kharana – [anthar@tribalsoundhealing.com](mailto:anthar@tribalsoundhealing.com)

**UK Mob:** (+44 7916 300 990 Viber / Whatsapp) until 6<sup>th</sup> December 2015

**Colombian Mob:** (+57 310 859 7350) from 6<sup>th</sup> December 2015

**Skype:** kharana

I hereby agree that by coming on this retreat I will be responsible for my own safety at all times. This includes all the activities I choose to participate in, all travel and accommodation and all consumption of food and drink. I am fully aware of this undertaking and have my own health and travel insurance for this trip.

**Signed** \_\_\_\_\_

**Date** \_\_\_\_/\_\_\_\_/\_\_\_\_