



Surf Sol Sister

Rejuvenating Wellness Retreats

Reservation Form, Los Cabos, Mexico

Please print, complete, sign and return to the address below or fax to:
408.762.4118 (fax is completely confidential)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email Address: _____

Fee Schedule: \$1,397 per person (two people per room)

(4 rooms with king bed, 1 room with 2 double beds)

Choose payment plan:

____ 1/2 due now and balance due 90 days before retreat, two payments of \$698.50

____ Pay monthly – add \$150 for this option

Credit Card Information:

Card Number: _____ Expiration Date: _____

Mailing Address for Credit Card: _____

For proper fit of surf gear please complete the following:

Age: _____ Height: _____ Weight: _____ Shoe size: _____

Please tell us about your previous surfing experience if any:

T-Shirt Size: Small _____ Medium _____ Large _____ XL _____

Retreat Details:

Dates (please fill in the dates you are attending): _____

Please list any food allergies, likes/dislikes you may have: _____

Please list any medications you are currently taking: _____



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Retreat Includes:

- Accommodations: <http://www.casalasolgrandes.com/>
- 1 therapeutic massage
- 2 surf lessons to include instruction, transportation, and gear
- 2 yoga sessions
- All food and drink
- Transportation to and from the airport and to activities
- Private organic dinner in the art district in San Jose del Cabo
- Special trip on last day of retreat: snorkeling, shopping, zip lining, golfing, tennis, beach club, etc (group can decide)
- Access to private Beach Club with poolside food and bar service
- Access to private tennis courts within walking distance
- Amazing hosts ☺

Does Not Include:

- Liquor (only first night margaritas if desired – you may bring or buy your own there)
- Additional activities
- Transportation outside of scheduled activities unless emergency related
- Coffee (although you may bring your own or buy it there)

Additional Services for Purchase:

- Massage \$85 (at the home)
- Any spa services which are at the rates of the El Encanto - \$25 transportation charge
- Breathwave (at the home) – cleansing/meditation experience - \$50/person
- Golf, zipline, swim with the dolphins, fishing, etc.

Once we receive your completed reservation form we will provide you with a list of what to bring and recommendations to help you get the most out of your retreat!

I _____(your name) understand that if for some reason I cannot attend the retreat, a \$400 security deposit is not refunded unless I find a mutually agreed upon person to take my spot. The balance of my payment(s) is refunded up until 90 days before the retreat. After that time there is no refund. The information provided is true and accurate to the best of my knowledge.

Signed

Date



Surf Sol Sister

RELEASE FORM
San Jose del Cabo, Mexico
Morgan Hill, CA

BOARD SURFING RELEASE OF LIABILITY, WAIVER OF LEGAL RIGHTS AND ASSUMPTION OF RISK In consideration for the renting, purchasing or leasing of Board Surfing from any person or company that Surf Sol Sister (Robin Nielsen/Lynne Steffens) hires for instruction, and/or the use of the home and facilities at 13B Los Frailes, La Jolla in San Jose del Cabo. This is to include the ground school, instruction, premises and equipment of the Cabo Surf Hotel and Costa Azul Surf Shop, and beaches in the San Jose del Cabo area, specifically, Cabo Surf Hotel beach, or Monterey Bay area in engaging in the sport of Board Surfing, ground instruction, transportation, and related activities, (hereinafter collectively called “Board Surfing”). I hereby understand and agree to this Release of Liability, Waiver of Legal Rights and Assumption of Risk and to the terms hereof as follows:

1. I acknowledge that Board Surfing is an action sport and recreational activity involving travel in three dimensions and such activity is subject to mishap and even injury to participants. I understand I may suffer a broken limb, paralysis or fatal injury while participating in the sport of Board Surfing. (Initial here: _____)

2. I further acknowledge that there are no warranties applicable to the purchase, rental or lease of Board Surfing equipment by me and that all warranties whether expressed or implied are excluded. **THERE IS NO WARRANTY OF MERCHANTABILITY OR THAT THE SAID BOARD SURFING EQUIPMENT IS FIT FOR ANY PURPOSE**, and that I am accepting the said Board Surfing equipment as is and I hereby acknowledge that I will personally examine the said equipment prior to my using of the same. (Initial here: _____)

3. I hereby **RELEASE AND DISCHARGE** Surf Sol Sister, Robin Nielsen, Lynne Steffens, Eric Nielsen and John Ziegler (herein referred to as “Released Parties” in the State of California, the City of Morgan Hill, and their officer, directors, elected officials, agents activities (hereinafter collectively referred to as “Released Parties”), arising out of my participation in Board Surfing and all associated activities of the Surf Sol Sister retreat (ie yoga, breath wave, massage, meals, alcohol consumption), including, but not limited to, losses **CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES**. (Initial here _____)

4. I understand and acknowledge that Board Surfing activities have inherent dangers that no amount of care, caution, instruction or expertise can eliminate and I **EXPRESSLY AND VOLUNTARILY ASSUME ALL RISK OF DEATH OR PERSONAL INJURY SUSTAINED WHILE PARTICIPATING IN BOARD SURFING ACTIVITIES WHETHER OR NOT CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES**. (Initial here: _____)

Juvenescence, LLC

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5. I further agree that I WILL NOT SUE OR MAKE A CLAIM against the Released Parties for damages or other losses sustained as a result of my participation in Board Surfing activities. (Initial here: _____)

6. I also agree to INDEMNIFY AND HOLD THE RELEASED PARTIES HARMLESS from all claims, judgments and costs, including attorneys' fees, incurred in connection with any action brought as a result of my participation in Board Surfing activities. (Initial here:_____)

7. I will take full responsibility for, and hold harmless Released Parties for any injury that I may suffer or inflict upon others or their property as a result of my engaging in Board Surfing activities. (Initial here:_____)

8. I agree that I will operate the said Board Surfing equipment in a reasonable and safe manner so as not to endanger the lives of persons or property of any individual. (Initial here: _____)

9. I have read and understood the above and acknowledge that the same constitutes a release of liability and a waiver of my legal rights and also acknowledgement of the assumption of liability by me of all risks arising out of my engaging in Board Surfing activities. (Initial here:_____)

10. I further represent that this Release of Liability, Waiver of Legal Rights and Assumption of Risk shall continue in full force and effect for so long as I engage in Board Surfing activities which are in any way connected to or with the Released Parties. (Initial here:_____)

11. I further represent that I am at least 18 years of age, or that as the parent or (adult) legal guardian, I waive and release any and all legal rights that may accrue to me, to my minor child or to the minor child for whom I am (adult) legal guardian, as the result of any injury that my minor child, the minor child for whom I am (adult) legal guardian or I may suffer while engaging in Board Surfing activities. (Initial here: _____)

12. I hereby expressly recognize that this Release of Liability, Waiver of Legal Rights and Assumption of Risks is a contract pursuant to which I have released any and all claims against the Released Parties resulting from participation in Board Surfing activities including any claims by the negligence of the Released Parties by any of the undersigned. (Initial here: _____)

I HAVE READ THIS RELEASE OF LIABILITY, WAIVER OF LEGAL RIGHTS AND ASSUMPTION OF RISK AND FULLY UNDERSTAND ITS CONTENTS. I SIGN IT OF MY OWN FREE WILL AND AGREE TO BE BOUND BY IT.

This the day of _____ , 2010

Signature of Adult Participant

Printed Name of Adult Participant

DECLARATION OF FITNESS FOR BOARD SURFING

I hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to other persons or myself during Board Surfing.

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness disease of the brain or nervous system, high blood pressure, lung or heart disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction, recent back injury, arthritis and severe joint sprains, chronic bronchitis, asthma, rheumatic fever, thyroid, adrenal or other glandular disorder, recent blood donation or any condition that requires the regular use of drugs.

Even though I have a health condition as stated above, by signing this form I still choose to participate in the activity of Board Surfing and agree to waive all responsibilities to all above mentioned parties concerning any consequences that would result from my actions. I hereby declare that I have no physical or mental condition that should preclude me from participating in my chosen activity, that I am not participating against medical advice or treatment, and that I have not been diagnosed by a registered doctor as having a terminal illness. I further declare that in the event that I feel ill or unwell, have any physical complaints whatsoever or if an injury is sustained of any kind during the course of Board Surfing activities, I will notify the instructor immediately.

I have read the above Declarations, understand them, and I agree to be bound by them.

Signature of Adult Participant

Date

Printed Name of Adult Participant

Address

Phone