**Booking Form**

***Please complete and return to secure your booking***

**Best of Southern India Tour, Friday 16th February – Friday 1st March 2024**

Price: £3,800 per person (shared room)\*; £4,300 per person (single room)\*

|  |  |
| --- | --- |
| **Full Name**  **(as listed on your passport – this must be correct as it will be used for booking your flight)** |  |
| **Name if you use an alternative to your passport name** |  |
| **Telephone** |  |
| **Email** |  |
| **Any significant health problems**  **(please update us of any changes leading up to the departure date)** |  |
| **Please state your level of fitness**  *Many of the locations are best explored on foot and our tour will include daily walks around the locations and sights which may include steps and walks of approx 30 – 90 minutes. You will also have the opportunity to explore fully on your own which may entail walking.*  *You will have time to take rest and we recommend pacing yourself throughout the tour.* | **5 4 3 2 1**  *Please circle – 5 = Very fit / active (daily fitness activity) and 1 = Not fit / no physical activity* |
| **Any specific dietary requirements or allergies**  We will be eating mainly at the hotel and local cafes so your dietary requirements will be fully catered for. It is useful for us to know of any specific allergies.  Food for the flight please state: Vegan/Vegetarian or any intolerances such as Lactose or Gluten |  |
| **Next of Kin details of 2 contacts:**  Please include relationship to you  Name  Address  Tel Numbers  Email: |  |
| **Flights**  *Please note: We will be taking internal flights and baggage allowance is 15kg in hold and 7kg hand luggage. Any excess baggage will be payable by individual guests.* | |

I enclose a **£700 deposit** **(non refundable, non transferable)** .........................., due upon booking.

Would you like to pay in instalments? Yes / No (We will contact you to agree instalment plan to suit your needs)

***Final payment due by 31st December 2023.***

Payment can be made by bank transfer, by monthly standing order / bank transfer.

**Booking Enquiries**

www.swanseayoga.com   / [info@swanseayoga.co.uk](mailto:info@swanseayoga.co.uk)   / Tel: 07816 210770

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**The tour fee includes:**

Return flights Heathrow to Mumbai  
All internal travel in India (flights, tours and transfers)  
All internal travel by road including transfers to hotels  
All hotel accommodation including breakfast  
Excursions including entrance fees to historic sites  
Overnight in Mumbai  
Transfer for the return flight

**\*Not included**:  Indian Visa, travel insurance, UK travel, meals (breakfast is provided by our hotels); Ayurvedic Doctor consultation, treatments and herbal supplements should you wish to book treatments; any yoga classes you choose to attend.

We will issue further details for this trip nearer to the dates including guidance and links for the visa process, how to prepare for the trip and what to bring.