

APPLYING FOR YOGA ASCENT: NEPAL 2012 -

- **Fill out the enclosed application and waiver**
- **Pay the deposit of \$1200 by check or money order made payable to Kirti LLC. The deposit will be deducted from the total cost of the expedition. The deposit is non refundable. The deposit is due by January 15th.**
- **Fill out and email the Yoga Ascent Application to johnallengibel@me.com or mail the applications & check deposits to:**

**Yogani Studios attn:Annie Okerlin
1112 W. Platt St.
Tampa, FL 33606**

- **Please let us know that you have registered by sending an email to johnallengibel@me.com or call 724 208 5060 to speak with me directly if you have any questions**
- **Apply for passport ASAP if you do not have a current one. It can take up to six to eight weeks or more to receive new or your passport. Visas will be processed in Kathmandu upon arrival. Please bring \$40 USD in cash for your visa.**
- **Consult your physician or local health department regarding all vaccinations. A list of recommended vaccines for travel in Nepal can be found here on the CDC website: <http://wwwnc.cdc.gov/travel/destinations/nepal.htm>**

YOGA ASCENT 2012

with John Allen Gibel, Annie Okerlin, and Rupendra Karmacharya

April 13-27

12 day Trekking and Mountain Yoga Seva Project

Name (as it appears on your Passport)

Country of Citizenship_____

Street No. _____

City_____ **State/Prov.**_____

Zip Code_____ **Country**_____

Telephone(work)_____ **Telephone(home)**_____

Tel.

Cell_____ **Email**_____

Languages_____ **Occupation**_____

**Medicial History/
Illness**_____

Please list all medications_____

Allergies_____

**Contact in case of
emergency**_____

I have paid my non-refundable deposit of \$1200 **Yes**_____

**Please briefly describe your reason for attending this trek and any previous
trekking experience**_____

GENERAL RULES

This trek is an adventure into some of the most beautiful locations in Nepal and will involve rigorous physical activity. The trek will take us through remote locations in rural areas, where we will deliver supplies to local schools. The expedition will involve an intimate interaction with the people of Nepal's rural areas and participation in tribal village life. The trek will involve adaptation to local customs and etiquette. We require all trekkers to please remain with the group during our travels unless otherwise stated by our guides. It will be your responsibility to inform John Allen, Annie, and Rupendra of your whereabouts if you must separate from the group for any reason. John Allen is a certified Wilderness First Responder and is prepared to address medical emergencies that may arise.

John Allen will be happy to answer any other questions that you might have about travel in rural Nepal, or the nature of this unique yoga retreat.

Trekking insurance is included in the cost of the retreat package in the unlikely event that helicopter evacuation is necessary.

I will carry medications that I may need such as; your own Epipen (if you have a known allergy) ,Tylenol, Gravol, cough and cold medicines, Anti Malarial, Ciproflaxin and Giardia medication from your MD as well as required immunizations. Many of these medications can be inexpensively acquired in Nepal upon arrival as well.

I have reviewed the gear list included with this application and acknowledge that I am responsible for acquiring all of the necessary gear. I will bring Worn-in hiking boots, layered and warm clothing, rain gear, 2 passport size photos, as well the contact information for the US Embassy in Nepal:

US Embassy in Nepal

Embassy of the United States of America

Maharajgunj, Kathmandu, Nepal

Tel.: 977-1-400-7200

Fax: 977-1-400-7272

E-mail: usembktm@state.gov

As a participant in the pilgrimage of the Yoga Ascent Group I acknowledge the above mentioned rules I am fully responsible for myself, my health and my personal belongings. In case of cancellation, no refund of the USD 1200 deposit will be given. Payment for the trek is due in it's entirety and is payable to Yogani Studios on April 12th, 2012.

Date: _____

Signature _____

GEAR LIST

Sleeping bag – a good down sleeping bag is recommended.

Back pack, minimum 60 liter

Boots, must be at least mid ankle

Polarized Sunglasses

Lightweight flip-flops or sandals

Head torch / flash light

Light weight trekking poles

Plenty of sunscreen

Anti bacterial hand cream

Camera

Water bottles – 2 x 1 liter bottles is plenty

Ear Plugs

Duffle bag, no hard suitcase

Spare batteries

Pack rain cover

Personal medication and hygiene kit including iodine pills for water treatment

Clothing:

Two synthetic Pants: preferably the ones that convert into shorts.

Two synthetic T-Shirts / Singlet – these are much better to use than cotton because they dry out quickly and can breathe. Recommend bringing 2 T-Shirts and one singlet.

Two synthetic shirts: With a collar to wear for sun protection if it's warm or with a thermal underneath if it's cooler.

Fleece Jacket – a fairly warm fleece jacket is recommended. The wind-stopper ones are nice but if you don't have this, it doesn't really matter because you can just use your rain jacket as well if there's a cold wind blowing. A fleece vest can also be quite useful for those in-between temperatures.

Two Fleece Pants: these are nice to wear in the lodges during the evenings if you're prone to getting cold.

Rain Jacket: the longer styles that comes half-way down your thigh work best. You should also have a hood on the jacket.

Thermal underwear: Probably two sets of long pants and two long sleeve tops.

Down Jacket, pack able

Liner or shell gloves