

2010 KRASSOTA REGISTRATION FORM: June 30-July 7, 2010

(Separate form for each person, please!)

REGISTER with form and checks to: Amy Kraft, 2089 Alder Springs Lane, Victor, MT 59875

Payment: Checks payable to "IDEAL-SPRING" with "Registration" written at the bottom of the checks.

Deposits: Krassota lodging: deposit of at least \$100 per person to be sent to Amy
Krassota camping: deposit of at least \$50 per person to be sent to Amy

Remainder of the fees for the week to be **included** with registration in **separate checks (post-dated no later than June 15,)** or negotiated directly with Amy by phone.
(Offsite Lodging to be booked directly: See details below.)

Name: _____

Address: _____

Phone No: _____

E-Mail Address: _____

FOOD AND LODGING for whole week [check one only] (Separate form for each person, please)

Krassota Multiple occupancy (3+ persons) [] \$ 400 per person

Krassota Double occupancy (2 persons) [] \$ 550 per person

Krassota Single occupancy (1 person) [] \$ 700 per person

(limited availability for single and double rooms)

Krassota Camping [] \$220 per person

(portable toilets will be provided for campers)

Food for those staying Offsite (see below) [] \$185 per person: Lodging Location: _____

Roommate(s) request: _____

SCHOLARSHIP FUND:

We are also creating a partial-scholarship fund for people who cannot afford the full fees. You are invited to donate (by separate tax-deductible check made out to "IDEAL-SPRING International Foundation" and sent to Amy). Applications for scholarship help should be made ASAP by phone to Ardella at: 415-499-8027

MEALS: We will take turns participating in the preparation, serving, and cleanup of group vegetarian meals, under the supervision of Amy Kraft. (The cost of the meals per person is \$185/week for those offsite.)

OFFSITE LODGINGS OPTIONS (Please contact them directly!)

WildLife Adventures Guest Ranch. (5 minutes' ride from Krassota)

1-406-642-3262 or 888-642-1010, www.wildlifeadventuresinc.com

Below are special rates for people attending the July 24-31st Retreat at Krassota, for a minimum of 6 nights only, and do not include breakfast or any other meals. (For anyone staying less than six nights, costs will revert to usual rates.) PLEASE confirm 2009 rates—These were the rates in 2008.

Lodge Rates 2008:

Double Occupancy: \$105.00/night X 7 nights =	\$735.00 per room
Lodging Tax	= \$ 51.45
Total	= \$786.45
Single Occupancy: \$ 85.00/night X 7 nights =	\$595.00 per room
Lodging Tax	= \$ 41.65
Total	= \$636.65

Bunkhouse Rates 2008:

Rooms for 2, 4, and 6 people available.

Double Occupancy: \$ 80.00/night X 7 nights =	\$560.00 per room
Lodging Tax	= \$ 39.20
Total	= \$599.20
Single Occupancy: \$ 75.00/night X 7 nights =	\$525.00 per room
Lodging Tax	= \$ 36.75
Total	= \$561.75

Any extra people staying in a room above double occupancy will be charged an extra \$15.00 per night.

TRANSPORTATION

Flights would be to Missoula airport, Montana, which is 45 minutes from Krassota, (the far side of Victor.) (Kalispell airport is also within reach, but about two hours' drive away.) Amy prefers people to arrive on flights as early as convenient, which from the SF Bay Area would probably be no later than 6 pm. Please coordinate flights with Ardella, who will arrange group transportation to and from Krassota.

Some people are planning to drive to Krassota directly, and some may want to share rental costs on vehicles from Missoula or Kalispell airports, to be used both for transportation to and from the airport and for outings during the week. (Taxis from the airport can also be arranged.)

KRASSOTA (IDEAL-SPRING International Foundation) is located at:

2089 Alder Springs Lane

Victor, MT 59875

Amy Kraft: (406) 546-6922

PLEASE REGISTER AS SOON AS POSSIBLE!

**Registration for the SPECIAL WORKSHOP, June 27-29 & YOGA & THERAPEUTICS, July 7 & 9—
Please send me an e-mail with your interest & we will contact you soon!**