KinneretYoga Retreat

August 20th and 21st 2019

costs sheet

(please see room layout and costs form for more detail on rooms & Menu document for more info on food details ):



### ****\* CASH PAYMENTS ONLY\* (CALL KINNERET TO DISCUSS)****

### ****$125 / per day so $250 for both days– Includes all classes & use of pond for swimming and paddle boats (does not include massage treatments) Does not include meals or accommodation****

### ****$65/ night + HST - shared accommodation – 3-4 persons per room****

### ****$90/ night + HST –If you wish to stay the night \* semi private 2 person accommodation (this option is only available if we don’t fill up and have additional rooms)****

### ****145/ night + HST –If you wish to stay the night \*  private 1 person accommodation (this option is only available if we don’t fill up and have additional rooms)****

Massage Therapy Costs:

* Swedish Massage Treatments $90 per hr plus tax
* Tai Massage Treatments $90 per hr plus tax
* Registered massage therapist Liz, owner of the property, can issue you receipts for insurance
* **This service may or may not be available depending on the availability of the Massage Person**

**Food Costs:**

# ****Kosher Food Options:****

# ****We will be ordering the food off the main menu from kosher restaurant Pantry****

# ****participants are allowed to bring their own food from home or they can order food from only Pantry- food will be delivered directly to Kinneret to bring up (note: if you bring your own food rules and regulations apply-contact kinneret for more info)****

# ****The Kitchen at retreat center is not kosher & we will be double wrapping the food for oven & if you bring your own food you will need to bring your own plate/cup/cutlery but if you order from pantry kinneret has cholov yisrael plates/cups/cutlery for use****

# ****rules and regulations apply to this and it will be explained upon registration- Retreat Center does not allow any animal flesh food to be eaten on the premises- so no fish,chicken or beef – you can eat eggs and dairy****

# ****we will be using their main menu & not catering menu- There are 5 meals in total (2 Lunches, 2 dinners and a breakfast) & if you are staying for the full retreat and if you are only coming for the day, you will need lunch and dinner****

## To view menu click  <http://www.pantryfoods.ca/>