

***Welcome to an ideal vacation abroad,
Gentle Yoga and MELT in Tuscany!***

Please read the enclosed information carefully.

There are **3 documents** that need to be read and **signed by each participant and returned to us.**

1. TUSCANY RETREAT PARTICIPANT AGREEMENT (print, initial, sign and send to us- pages 8-12 of this document)
2. RETREAT PARTICIPANT REGISTRATION FORM for our hosts, Yoga in Italy (print, sign & send to us- pages 13-15 of this document)
3. COVID WAIVER for our hosts, Yoga in Italy (print, sign & send to us- page 16 of this document)

Although we're aware that the following pages are quite a bit to read, this information is necessary so you can anticipate what you will need for this international trip. Please give it your best shot, maybe a few pages at a time, maybe underline follow-up points, maybe add question marks where more information is needed. Then, if you have questions, **feel free to contact rudy@gentle-yogis.com with your questions.** We'll do our best to get you answers or links to the information you need.

Once you register, additional detailed information like schedule and packing suggestions, will be sent via email to you.

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REGARDING COVID

It is essential to get the most up-to-date information about airline requirements from your airline, in addition to any specific requirements Italy may have (the necessary links are included in the Addendum) as they are always subject to change.

GENERAL OVERVIEW

The vacation of a lifetime awaits you! We have been leading retreats in Tuscany for over a decade! We have confidence that our 2024 retreat will be graced with another amazing group of people. It is a joy to share the experience of this fabled region, a crossroads of medieval history, the cradle of the Renaissance, land of artful and soulful living.

You will be immersed in a Dynamic Gentle Yoga and MELT retreat while exploring the sights and tastes of Tuscany. You will enjoy a magical week of loving yourself and loving life with twice daily classes in yoga or MELT, stunning scenery, exceptionally excellent food, gracious hospitality, pure fun, belly laughing, and well-organized adventures. We are excited to offer MELT Hand and Foot treatments. MELT is a fascinating and effective self-care practice that is also gentle and very complimentary to yoga. We trust that you will find this to be a potent treatment for recovery of the stresses and sores of traveling.

Home base for our week in Tuscany is the boutique retreat, Villa Tramonte, a fully restored 18th Century estate, surrounded by natural woodlands and overlooks of olive groves and fruit trees. Villa Tramonte offers the warmth & intimacy of an elegant Tuscan villa in a secluded setting

Nestled amongst the Tuscan hills, close to the enchanting city of Lucca, time moves slower here; an afternoon can easily be lost drifting through the olive groves or snoozing by the pool. The natural surroundings and secluded setting create an atmosphere of calm and stillness, ideal for our relaxing yoga holiday.

Villa Tramonte's convenient location also allows for easy travel to some of Italy's most picturesque historic towns: Lucca, the secret gem of Tuscany and the colorful villages of Cinque Terre, the Five Lands, a National Park and UNESCO World Heritage site.

We will greet each day with smooth, soothing Dynamic Gentle Breath Practice Chair Yoga with Rudy. After a delicious, healthy breakfast, the on-site or nearby options include relaxing "under the Tuscan sun," soaking up the tranquility, floating in the sparkling pool, taking a guided or solo nature walk on the estate, or a walk down the road to a local small winery and olive oil producer for wine-tasting and tour, or enjoying our own special hands-on cooking class with Yoga in Italy's own chef to participate in preparing our lunch and a special dessert! Your week of self-care also includes at least two MELT classes, introducing the MELT Hand and Foot Treatments of this revolutionary method that simulates hands-on therapeutic techniques.

We have a fabulous week of off-site activities planned, and rest assured, everything is optional so that you can customize your experience to your energy needs. We have an easy bike and walking tour of the charming nearby Lucca <https://www.turismo.lucca.it/en> early in the week. Mid-week we have an all-day excursion to the sensational Cinque Terre (the Five Lands) <https://www.cinqueterre.eu.com/en>, spectacular, vividly colored villages nestled into cliffs overlooking the Ligurian Sea. Other optional activities include, heading into Lucca for an evening of Puccini, and trips to Carrara and/or Pietrasanta.

Some afternoons offer spacious free time, followed by afternoon yoga classes with Rudy. On our first and third afternoon, before our yoga practice Joyce will guide us through the MELT hand and foot therapy ball treatments which can have a profound effect on the entire body, relieving stress, pain and soreness. Lastly, on all but one evening, we will enjoy a fabulous fresh vegetarian Tuscan cuisine dinner at Villa Tramonte. If you are not vegetarian and are concerned about feeling satisfied without dense protein, be assured that the meals are so satisfying and delicious that our guests have rarely missed having meat in their diet. And there are plenty of high protein options when eating out in Lucca and on Cinque Terre day. Also, we do have scrambled eggs for breakfast each day.

You may wish to visit the [Yoga In Italy](#) website for more information on our lovely retreat venue.

Possible inspirational reading includes: *Eat, Pray, Love* by Elizabeth Gilbert, *Four Seasons in Rome* by Anthony Doerr, *Under the Tuscan Sun: At Home in Italy* or *In Tuscany*, both by Frances Mayes.

Books that are helpful for orienting to Italian culture: *Italians Dance and I am a Wallflower: Adventures in Italian Expression* by Linda Falcone or *The New Italians* by Charles Richards, an in depth look into current Italian society up to the 1990s.

Looking forward to our time together,

Rudy & Joyce Peirce

rudy@gentle-yogis.com

joyce@gentle-yogis.com

TRIP PRICE, ACCOMMODATION OPTIONS, WHAT'S INCLUDED

TRIP PRICE, ACCOMMODATION OPTIONS

Double occupancy room with shared bath: \$3269 per person

Double occupancy room with private bath: \$3299 per person

Single occupancy room with shared bath: \$3969 per person

Single occupancy room with private bath: \$3999 per person

An **\$800 deposit *per person*** will secure your space on a first-come, first-served basis; registration will close when the retreat is filled.

If you have not already paid in full, the balance is due on or before May 31, 2024.

RETREAT PRICE INCLUDES

Yoga sessions: Morning yoga daily except on the day we go to Cinque Terre and the last morning. Discover ease of movement and plumb the depths of meditation and relaxation through Dynamic Gentle Breath Practice Chair Yoga with Rudy.

MELT classes: MELT is a fascinating self-care method that reduces chronic stiffness and pain, decreases inflammation, and more. It's a perfect companion to yoga practice. With Joyce as your instructor, you will learn MELT Hand and Foot Treatments using the MELT soft therapy balls (provided for your use during the retreat). See [Joyce's MELT page on our website](#) or meltmethod.com for more information. Contact joyce@gentle-yogis.com with any questions.

Villa Accommodations: The villa has space for a total of 20 people (18 guests plus Rudy and Joyce). There are six double rooms with private bathrooms and three double rooms that share two bathrooms. Linens and towels are provided with a towel change mid-week. Towels are also provided for swimming pool use.

Meals: Three delicious vegetarian meals per day except for one dinner the evening that we go into Lucca for the optional activity of a Puccini performance and lunch in Cinque Terre. For these two meals, since there will be no meal at the Villa, guests are free to make their own plan or join the group at our favorite restaurants, Cantine Bernardini in Lucca, and Ristorante Belforte in Vernazza which has a fantastic ocean view. Fresh juice is provided at breakfast (a different delicious combination each day), unlimited fruit, water, and herbal teas are available throughout the day and wine from the estate is served at dinner. Upon request, they can cater to gluten free and lactose free dietary requirements.

Internet access and mobile phone reception: WIFI Internet access is available at Villa Tramonte. However, as we are in the countryside, mobile phone reception can be intermittent. Please note that the wifi may not be strong enough to support activities that require a large bandwidth such as downloading/uploading videos or for streaming or using Zoom, so please plan accordingly.

Washing facilities: Washing machines are available free of charge, on-site so you can freshen your wardrobe if needed. There are no dryers, but drying racks are provided to hang your laundry.

Swimming pool: A lovely pool is available to you morning, noon, and night. Bring your swimsuit, sunglasses and sunscreen. Towels for the pool are provided.

Excursions: Excursions are planned to Lucca and Cinque Terre, schedule dependent on weather. The transport and tour fee for Lucca is included. The transport fee to and from Cinque Terre is included. Train or ferry tickets to get from one village to the next in Cinque Terre are not provided; you will purchase what you need when we arrive. We recommend that you budget about €300 for transportation needs and meals during optional activities, also the optional cooking class (€30), exceptional massages (beginning at €60 for 55 minutes), other optional excursions and tips for Villa Tramonte staff at the end of our week.

Lucca pick-up/drop-off: Transfers to and from the train station in Lucca to Villa Tramonte at the start and finish of the retreat are included, though there is just the one scheduled pick-up and one scheduled drop-off per retreat group. If you need to arrive later, you will need to use a taxi, cost is generally €30 - €35. You will need cash euros to pay the taxi drivers. Tips for taxi/van drivers are not required but appreciated.

Pick-up: Saturday, August 31 at 3:30–3:45 at Hotel Rex at the Lucca Train Station.

Check-out: Saturday, Sept 7 at 9:30am for the *drop-off* at 10:00 am at the same location as pick-up

Retreat Price Does NOT Include: Airfare, transportation to the Lucca pick-up and drop-off point, passports, meals in transit or outside of Villa Tramonte, dinner in Lucca, lunch in Cinque Terre, the cooking class (optional), wine tasting tour (optional), massages (optional), gratuities, or any items of a personal nature. Tips of 10% – 20% for good service are expected for tour guides, bus drivers and the villa staff at the end of the program. Wait staff at restaurants are not traditionally given a tip, but leaving a coin of one or two Euros is appreciated. *If you have questions about how much to budget for these expenses let us know and we can help, but generally €300 is enough.*

IMPORTANT TRAVEL INFORMATION AND PLANNING TIPS

Your Flight

You may choose to fly into Firenze/Florence, Pisa, or Rome. Either way, you will need additional transportation (bus, train, or taxi) to Lucca to meet us at the pick up point on Saturday, August 31, at 3:30pm. If you are renting a car in Italy and wish to drive directly to Villa Tramonte, that is fine. If you plan to fly home from Florence directly after our retreat, it is best to book a return flight that leaves Florence after 3:30PM on Saturday, Sept 7. Otherwise you will need to have your own rental car or have a taxi take you from Villa Tramonte to the airport in Florence in order to make an earlier flight (cost is around €200).

Guests sometimes choose to spend a few days or more in Italy before and/or after the program. If you have not previously traveled in Italy, we recommend flying in and out of Florence and basing your holiday from there. We feel it has the most to offer of the Italian cities yet is still manageable and not far from Lucca.

Of course there are many other special destinations depending on how much time you have and your specific interests: Venice, Siena, San Gimignano, Volterra, Assisi, Verona, Sorrento, Sicily, Rome, etc. Italy is the most popular vacation destination in the world so there is an abundance of options!

The airport in Florence does not handle the large trans-Atlantic jets. Therefore, if you book airfare to/from Florence, you will change planes in another European city along the way. You'll see this when you research flights. You can, however, fly directly into Rome or Pisa with Pisa being the closest to Lucca. If you fly into Pisa, taking a bus from Pisa to Lucca makes the most sense.

Most of our previous guests have researched their travel online and booked their own flights, however travel agents do still exist. One option is to set up a price alert (which can be done automatically from kayak.com and other flight booking sites) and watch flight prices on a weekly or even daily basis until you are ready to book.

To shop for flights online, you may want to start at **kayak.com**, known as the search engine of search engines for travel deals (it checks and compares Expedia, Orbitz, Cheaptickets, Priceline, Hotwire, Bookingbuddy, etc. so you don't have to). If you go directly to some of the other search engines they may have additional flights listed as well. Therefore, after checking pertinent options on kayak.com, we recommend doing a few comparisons by checking a couple others as mentioned above. Each year it seems there are some new search engine options. This is our current information.

Lodging in Florence or any other city you plan to visit before or after our retreat:

Shopping online for your accommodations is the best way to see your options. Sites we have used recently are: booking.com, and tripadvisor.com. You can explore by location, quality and price. I have found that with some patience, I was able to sort through and find satisfying options.

Your Train options on Saturday:

The Italian train system, Trenitalia, trenitalia.com lists fares and schedules. In Italy you can purchase train tickets in advance, ensuring that you get a seat. For the regional trains from Florence to Lucca, it isn't necessary to book in advance. Seats are not allocated so you just buy your ticket when you get to the station and jump on board (**making sure you validate the ticket in the machines at the platform beforehand**). Some tickets may be purchased on-line. The Trenitalia website does not display timetables more than 3 months in advance, but times don't change much so just choose any Saturday for reference.

From Firenze SMN (Florence Santa Maria Novella) Train Station to Lucca Train Station:

Coming from Florence train station, allow at least 1.5 - 2 hours of train travel. To meet the pick-up at 3:30pm (aka 15:30) take either the 12:38 or 13:10 train from Florence – arriving in Lucca around 14:30. The next train at 13:38 – though it gets into Lucca at 15:23 (3:23pm) - doesn't really allow any buffer for delays or operating on "Italian time!"

From Rome Airport (Fiumicino) to Lucca Train Station (Via Florence)

If you are flying into Rome (Fiumicino airport) then you will need to first take the **Leonardo Express** train from the airport to "Rome Termini" Train Station. Then you need to take a **fast train** from Rome Termini to Florence, followed by a **regional train** to Lucca. Seats are allocated on the fast trains, so it would be wise to book all three legs of the train journey in advance. Coming from Rome Airport, you need to allow 4 – 5 hours of train travel. I would suggest taking the 10:27 or 11:08 train from Rome airport arriving in Lucca by 14:29 or 15:17. There are actually two trains leaving Rome airport at 11:08 – one of them involves just one change in Florence which is a little bit easier, but it doesn't get in to Lucca until 15:23 (3:23pm) so it could be a bit risky time-wise, if there are delays.

Making and receiving phone calls in Italy

You will want to consider having a mobile phone available during the trip since the group tends to disperse at outing destinations and if you need to reach us this simplifies it for you. In addition, if you are without a mobile phone then we have no way to reach you.

The following website may be a good starting place to figure out what you'll want to do.

<https://thesavvybackpacker.com/smartphones-data-plans-abroad-europe/> **Also call your cell phone provider to find out your options.**

DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT TERMS AND CONDITIONS

Changes: Changes to the schedule within the retreat timeframe are not anticipated; however, Rudy Peirce (the “Retreat Organizer”) reserves the right to make any changes determined necessary, with or without advance notice. Changes in schedule will not result in a refund of any portion of the Retreat price nor incur extra charges for participants.

Cancellations/Refunds: All requests for cancellation must be submitted **in writing** to the Retreat Organizer and are subject to processing according to the date listed below. Regardless of the reason, cancellations result in additional costs, processing time and loss for the Retreat Organizer.

The initial deposit of \$800 per person is **non-refundable and non-transferable**. If you pay in full prior to Dec 15, 2023 to get our VIP rate of \$500 off, then \$800 of your payment will be considered as a non-refundable deposit in case of cancellation in accordance with our cancellation policy.

Any additional deposits paid toward your balance due, either as a lump sum or a series of smaller payments, are refundable if you cancel your registration before May 31, 2024, excluding your initial deposit.

After May 31, 2024, all deposits paid are non-refundable and non-transferable and will be forfeited to cover financial commitments already made.

If the participant leaves the Retreat prior to its conclusion, refunds will not be made for the unused portion of the Retreat. No refunds will be made for any excursion, meal, yoga class, workshop or other activity that the participant misses or decides not to participate in for any reason. The Retreat Organizer reserves the right to cancel the Retreat prior to departure. If such cancellation is NOT due to circumstances beyond the Retreat Organizer’s control, as set forth below, the Retreat Organizer will refund all payments, constituting full settlement with the participant. No compensation or refund will be made when cancellation arises before or during the trip due to circumstances beyond our and/or our suppliers’ control such as pandemic restrictions, war, strife, civil disobedience, strikes, terrorist activity, adverse weather conditions, fire, natural disasters, etc., *unless or until* the Retreat Organizer is able to recover any Retreat-related sums. **In the event of cancellation arising from circumstances beyond anyone’s control, as set forth above, Retreat-related sums recovered by the Retreat Organizer will be distributed equitably to the participants after the Retreat Organizer deducts all out-of-pocket costs and related expenses.**

Initials _____

Initials _____

DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT TERMS & CONDITIONS (CONT.)

Purchasing Travel Insurance is highly recommended for your participation in this trip:

Policies typically cover common issues like travel delay, baggage delay, baggage and personal items loss, missed connection as well as more unusual events like trip cancellation, trip interruption, weather and more. It's also helpful to know what your credit card covers on travel purchased with that card.

Searching for the coverage you want is easier through a clearinghouse website such as squaremouth.com which we have used in the past. Then you can more easily compare options (more on this below.)

The Retreat Organizer is *not* responsible for expenses, including but not limited to lodging, meals & transportation, incurred for delays and/or detentions beyond the retreat schedule as a result of circumstances beyond our and/or our suppliers' control such as war, etc. as set forth above.

Finding travel insurers covering COVID-19:

Generally, the policies underwritten by U.S.-based travel insurance providers vary by state, trip information, travelers' ages and other various details. The travel insurance comparison site Squaremouth.com is one of the very few comparison sites that allow you to filter by policies that offer coronavirus coverage. To find a policy that specifically covers coronavirus-related losses, input your departure and return dates, your main destination and select "Search for Policies Now."

You can select additional filters, such as cancel for any reason (CFAR), if you're looking for that optional upgrade. CFAR coverage kicks in when the typical 100 percent recovery for cancellation due to a "covered reason" does not apply. It does not replace the traditional coverages: You still recover 100 percent for covered reasons.

Typically, to qualify for CFAR you must:

- Insure the full value of all nonrefundable or at-risk payments
- Buy the insurance within a set period (ex. within 14 days of first trip deposit)
- Cancel no less than 48 hours before scheduled departure

Initials _____

Initials _____

DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT TERMS & CONDITIONS (CONT.)

Many policies include trip-interruption coverage along with cancellation. That means it covers unanticipated costs of rejoining a departure you missed or unexpectedly returning home early. Interruption coverage is usually subject to the same 48-hour time limit and 75 percent recovery.

For the benefit of everyone on your retreat, the Retreat Organizer reserves the right to accept or reject any Retreat participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Retreat, it may, without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Retreat. The Retreat Organizer will have no responsibility or liability for any participant who leaves the Retreat prior to its conclusion or for any activity undertaken by any participant that is not included on the Retreat schedule.

Nature of Retreat: This Retreat is yoga-based. Accordingly, participants are strongly encouraged to fully attend the offerings provided. All participants are encouraged to approach the Retreat with a spirit of openness and adventure. Smoking is not permitted anywhere. The nature of the Retreat is not suitable for children.

Passport: A passport is best obtained several months in advance as processing time can vary. Each participant is responsible for determining their specific passport requirements and for obtaining the necessary documents prior to departure. Your passport needs to extend at least 6 months beyond your trip. Non-U.S. citizens must consult with appropriate consulates to determine if any visas are needed.

Medical Insurance: Each participant is responsible for checking with their current health insurance provider and to ensure that they have adequate medical coverage. Participants must carry health insurance documentation while on the Retreat.

Photographs/Videotapes: The Retreat Organizer reserves the right to use any photographs, recordings, or videos taken during the Retreat in advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Retreat Organizer and its representatives from any liability in connection with any such use of such photographs and videotapes.

Initials _____

Initials _____

DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT TERMS & CONDITIONS (CONT.)

Release/Responsibility: The participant, by signing this Retreat Participant Agreement, agrees that the Retreat Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations, accidents by aircraft, boat, bicycle or motor vehicle, or in any restaurant or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes in transit, or villa services; missed airline or other transportation connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary.

The participant agrees to assume all risks associated with the Retreat and agrees that no liability will attach to the Retreat Organizer, its employees or agents, or to any member of the Retreat in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Retreat, howsoever caused.

By signing this DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT, the participant releases the Retreat Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth.

Please retain a copy of DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT (pgs. 9, 10, 11, 12) for your records.

Initials _____

Initials _____

DGY and MELT TUSCANY RETREAT PARTICIPANT AGREEMENT TERMS & CONDITIONS (CONT.)

I have read and understand the foregoing DGY and MELT Tuscany Retreat Participant Agreement for: “Gentle Yoga and MELT in Tuscany, August 31 - Sept. 7, 2024” and, by signing below and making my payment as set forth below, agree to the terms thereof.

RESERVATION (Print Legibly)

Name: _____

Name: _____

Please check your preference:

- Room for two with a private bath. *Also check one:* Separate beds Beds together
 Room for two with shared hallway bath

Signature _____ Date: _____

Signature _____ Date: _____

Mailing address: _____

City _____ State (Province) _____

Zip or Country Code _____ Country _____

Email address _____ Mobile Phone _____

Email address _____ Mobile Phone _____

Name of Emergency Contact _____ Phone: _____

Name of Emergency Contact _____ Phone: _____

	Name exactly as it appears on passport:	Name you prefer to be called:
Participant		
Participant		

PAYMENT procedure:

1. Please write a check or obtain a money order to cover your deposit **payable to Rudy Peirce**.
2. Please initial each page (p 9, 10, 11, 12) of the Retreat Participant Agreement.
3. Send check & entire Retreat Participant Agreement (pages 9 - 13) by U.S. mail to:
Rudy Peirce, PO Box 467, Housatonic, MA 01236

RETREAT PARTICIPANT REGISTRATION FORM

RETREAT WITH RUDY AND JOYCE PEIRCE from AUGUST 31 – SEPTEMBER 7, 2024 AT VILLA TRAMONTE

Personal Details:

Full Name:	
Name you like to be called:	
Address:	
Contact Number:	
Email address:	
Date of birth:	
Citizenship:	
Country of Birth:	

Travel Insurance Details

Please provide insurance details below:

Insurance Company	Name:
	Policy Number:
	Insurance Hotline:
Person to contact in case of emergency	Name:
	Contact Number:

Relevant Health Issues / Concerns

We may pass these details to health care professionals in the unlikely event that you require medical assistance. Your Yoga Teacher or Retreat Facilitator may use the answers to these questions to decide the most appropriate yoga programme for you.

1. What is your level of yoga experience - beginner, intermediate, advanced?	
2. Do you have any special dietary requirements?	
3. Are you now or have been in the past 2 years, under the care of a healthcare professional for any physical, medical or other condition that we should know about?	
4. Do you have any allergies to specific foods, insect bites etc and do you need to carry adrenalin with you?	
5. Is your physical agility impaired in any way that could adversely affect you on the retreat?	
6. Do you have a physical, medical or other condition that could adversely affect you or anyone else on the retreat?	

RETREAT PARTICIPANT REGISTRATION FORM

Consent to Disclosure of Personal Information

You agree that all the personal information in this form will be passed to relevant persons at the Retreat Centre. Some of this information is required to be disclosed to the relevant authorities in Italy. If all the information is not supplied you may be unable to attend the Retreat at the Retreat Centre.

Treatment of Personal Data

Pursuant to GDPR UE 679/16 and Legislative Decree 196/03 as amended by Legislative Decree 101/18, by signing this contract, you consent to the processing of your personal data for the sole purposes related to the execution of the contract itself.

Waiver

- (a) For the purposes of this clause the expression "Organisers" includes the Yoga Instructor or Retreat Facilitator and all agents, employees, consultants and contractors of the Retreat and the Retreat Centre.
- (b) I waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the Organisers, their guides, agents or representatives whether acting for or on behalf of the Organisers or acting in individual capacity for any personal injury, death, property damage, or other physical, mental or economic loss sustained by me as a result of my participation in a retreat with the Organisers due to any cause whatsoever, including, without limitation, negligence on the part of the Organisers, their guides, agents or representatives.
- (c) I am aware that the Retreat I am attending, in addition to the usual dangers and risks inherent, may include (but not be limited to):
- (i) **Physical Exertion** for which I may not be prepared;
 - (ii) **Weather** extremes, and weather subject to sudden and unexpected change;
 - (iii) **Remoteness** from normal medical services;
 - (iv) **Evacuation** difficulties if I am disabled.
- I accept all the inherent risks of the Retreat and possibility of personal injury, death or other physical, mental or economic loss or property damage resulting therefrom.
- (d) I agree that if I suffer injury or illness the Organisers, their guides, agents or representatives can, at my cost, arrange medical treatment and emergency evacuation service, as the Organisers, their guides, agents or representatives deems essential for my safety.
- (e) I agree that the Organisers are in no way responsible for the safekeeping of any personal belongings while I attend the event.
- (f) I agree that the Organisers may take photos or videos while I attend the event. I understand that such photographs or videos may be used for promotional material on the website and social media pages of the Organisers. I acknowledge that the Organisers own all rights to the images and recordings.

Acknowledgement

You acknowledge you will comply with the "Rules of the Retreat Centre" annexed to this Participants Booking Form below.

I declare that the information provided in this Booking Form is true, accurate and not misleading.

I have read, understand and accept this Participants Form and its terms and conditions and Rules of the Retreat below and my signature confirms such acceptance and understanding.

Signed: _____ **Date:** _____

RETREAT PARTICIPANT REGISTRATION FORM

RULES OF THE RETREAT CENTRE

- 1 The Retreat Centre General Terms of Lease will be (in so far as they apply) complied with by you at all times whilst attending a retreat at the Retreat Centre.
- 2 The General Terms of the Lease include the following:
 - (a) No smoking - Smoking is strictly prohibited inside all accommodation.
 - (b) No pets – it is forbidden to bring pets to the Retreat Centre
 - (c) Whilst all reasonable attempts have been made to make the Retreat Centre as safe as possible, there are natural hazards. You need to conduct yourself in a prudent manner.
 - (d) Arrival and Departure: The Participant is requested to arrive on Saturday after 16:00 and vacate the property by 09:30 on the day of departure (Saturday) unless otherwise agreed.
 - (e) The retreat centre you are staying in is provided in good condition, tidy and clean and completely furnished. You undertake responsibility to use the property with due diligence, and leave the property on the expiry date agreed, in the same state it was received, tidy and clean. On arrival, if you do not wish to accept the state of the property, you must make a formal complaint in writing immediately to the Yoga in Italy representative.
 - (f) The retreat centre will be cleaned prior to guest arrival, mid-week and upon departure of the guests. All bath, bed linen and pool towels are included in the retreat package.
 - (g) The Retreat Centre Owner will not be responsible in the case of lack of water and or power supply, gas or other unforeseen events beyond the Owner's will or circumstances beyond their control.
 - (h) Mosquitoes, lizards, ants and other insects are endemic residents. They are attracted by human presence and might be found in the retreat centre. This is considered normal and the presence of any quantity of bugs in the retreat centre in the outdoor areas shall not give rise to any liability of the Owner, or right to terminate the Agreement.
 - (i) The retreat centre has locks on bedroom doors, but you are responsible for ensuring the security of your belongings. Keys are not permitted to be taken off the property at any time. There will be a designated safe place to leave all keys when leaving the property for any reason
 - (j) Should problems arise during the retreat, you are responsible for informing the retreat organisers immediately. Inconveniences do not entitle you to a refund or compensation. Complaints lodged at the end of or after your retreat will not be taken in consideration.
 - (k) Internet usage is available free of charge.
 - (l) Communal laundry facilities are available. It is your responsibility to use these facilities with care and to keep the laundry areas clean and tidy, respecting your fellow retreat guests.
 - (m) You agree to use the swimming pool in a correct manner, taking normal safety precautions. You are responsible for your own safety and diligence.

Addendum: COVID-19 Waiver & Release Form 2024

ASSUMPTION OF RISK: By signing this waiver, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending a yoga retreat organised by Yoga in Italy, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 during my retreat may result from the actions, omissions, or negligence by myself and others, including, but not limited to, Yoga in Italy staff and other participants and students.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at a retreat organised by Yoga in Italy.

WAIVER OF LIABILITY: I hereby release, covenant not to sue, discharge, and hold harmless Yoga in Italy, its employees, agents and representatives, from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to COVID 19.

I understand and agree that this release includes any Claims based on the actions, omissions, or negligence by Yoga in Italy, its staff and representatives, whether a COVID-19 infection occurs before, during, or after participation in any retreat organised by Yoga in Italy.

By signing, I acknowledge my understanding of this statement and consent to its terms and conditions.

Name:

Signature:

Date: ____ / ____ / ____
Day Month Year