

Pilates Beach escape

11 - 18.06.2017
Villa Pi Blau Costa Brava

PILATES BEACH ESCAPE

REGISTRATION

First, middle & last name _____

Street _____

City, ZIP & country _____

E-mail _____

Mobile phone _____

Date of birth _____

I herewith make a binding registration to take part in THE PILATES BEACH ESCAPE organized by *am.concepts | training & events* in Begur (Costa Brava/Spain).

_____ (Date) _____ (Retreat theme)

TERMS & CONDITIONS

§ 1 PRICES / PACKAGE

The price is a package price including all services stated under "Services included".

Room Category

Category 1

Double room with ensuite bathroom/single occupancy **1,490.00 EUR/person**

Category 2

Single room with ensuite bathroom **1,390.00 EUR/person**

Category 3

Shared double room with two single beds with ensuite bathroom **1,250.00 EUR/person**

Category 4

Shared triple room with three single beds with ensuite bathroom **1,050.00 EUR/person**

The price will increase by 100.00 EUR/person for bookings after 15.03.2018.

Food

Vegetarian Fish

Allergies _____

Experience with

Pilates _____ in years _____ mat/machines _____ training venue

Meditation _____ in years _____ style _____ training venue

Yoga _____ in years _____ style _____ training venue

Cardio/CrossFit _____ in years _____ style _____ training venue

Running _____ in years _____

"Services included"

The following services are included in the package price:

Anke Meyer

am.concepts | training & events

Dipl. Betriebswirtin (FH)

P +49 (0)160 97 69 58 70

E anke.meyer@amconcepts.eu

W www.amconcepts.eu

A 54290 Trier, Saarstr. 67

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BIC BLUXLULL

USt-IdNr. DE815365902

Finanzamt Trier

DATE 08. Nov. 2017

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- Luxury accommodation in your booked room for 6 nights (rooms with ensuite bathroom, except 1 double & 1 single share a bathroom)
- Arrival on Monday from 3pm. and departure on Sunday until 2pm.
- 5 Pilates classes in the morning
- 2 dynamic cardio HIT classes in the evening
- 5 Meditation classes (singing bowl meditation etc.) in the evening
- 1 Yoga workshop of 2 hours by a local experienced Yoga coach
- 2 Running sessions in the morning
- Welcome class on arrival day (Pilates & Meditation)
- 1 hiking tour along the coastline
- 1 organized optional SUP session in the afternoon (course fees will be charged extra)
- Healthy organic meals for breakfast, lunch and dinner prepared by the kitchen team of Villa Pi Blau (mainly vegetarian)
- 6x healthy fresh breakfast (Tuesday – Sunday, at breakfast, we propose freshly squeezed orange/fruit juice, tea, coffee, toasts with homemade jams, butter, a fruit salad, a homemade cake and also eggs on request)
- 6x light lunch (Tuesday – Sunday)
- 6x delicious dinner (Monday – Saturday), 3 course incl. Fish, Vegetarian (just examples/food varies by season: Dinner (Mango, avocado and tomato salad, Ratatouille with rice, Homemade Loquat fruit in syrup), Lunch: Esqueixada de bacalau, Ensalada de Cogollos con aguacate y tomate, Mousse de fresa)
- Drinks during meals (tea, coffee, water) and water during the day (wine will be charged at a fair price by the kitchen team)
- Free time by the pool - access to the venue's swimming pool, sun terrace, common areas, kitchen area, relaxation area
- Towels & bed linen (Please bring your own towels for the pool and beach)
- Mat during the event (You are welcome to bring your own mat)
- For free positive vibes, lifelong friendships, meet lovely international people

Excursions & Services that can be booked extra (to be paid in cash during event)

- Massages (organized by Villa Pi Blau, we will have a separate relaxation/wellness area)

Optional Group Excursions:

- 1 hiking tour along the coastline
- Organized SUP session (cost at around 20 - 40 EUR/person)
- Bar evening in Begur (after dinner we will go to a nice bar in Begur for dancing)

Address Villa Pi Blau, Carrer lilars, 2A 17255 Begur, Spain

§ 2 ACCOMODATION

You can book one of the different options (see under § 1 Prices/Packages)

Each room has its own bathroom (except 1 double & 1 single share a bathroom). Person/s I would like to share a room with:

We will do our best to fulfill all your wishes regarding the combination of room-mates which is depending on the maximum capacity of each room.



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§ 3 TRANSPORT / ARRIVAL & DEPARTURE

The transport to Begur/Costa Brava, Spain has to be arranged and paid individually by each participant and is not included in the package price of the event.

Options to arrive:

1. Flight to Barcelona El Prat airport and take the Aerobus to Plaza Catalunya, go to Metro Arc de Triomf and take the bus at Estación del Norte/Barcelona to Girona Airport (info bus <https://www.barcelona-tourist-guide.com/de/girona/girona-flughafen-barcelona.html#barcelonabus>) or simply take a rental car (they are cheap in Spain)
2. Flight to Girona/Costa Brava with Ryanair and take a taxi to the house.
3. TGV to Girona or Figueras and take a taxi to the house

See more details on the webpage of Villa Pi Blau: <http://www.villapiblau.com/?p=contact>

Please arrange a pick-up service from Girona Airport at additional costs (around 90 EUR/taxi, we will arrange to share taxis with 3 – 4 persons depending on your arrival time)

The check-in on Monday will be from 3 pm and check-out on Sunday before 1pm.

§ 4 PAYMENT & CANCELATION

Payment

After sending the registration form (as PDF scan file) to anke.meyer@amconcepts.eu, you will get a booking confirmation and invoice for the total event price. - in case of non-payment within the mentioned period your reservation will be canceled. We recommend to book a travel cancellation insurance.

50% of the package price has to be paid within 14 days of receipt of the invoice. The remaining amount of the invoice is due 3 months before the respective event starts. Payment has to be done to the following account:

Account holder: Anke Meyer

IBAN: LU70 0081 2248 4000 1003 // BIC: BLUXLULL

Cancellation by participant

Cancellation of your booking is possible under the following conditions:

- For cancellations until 3 months prior to the event (until 90 days before the respective event), the cancellation fee will be 20% of the package price.
- For cancellations within 90 days until 4 weeks prior to the event (day 90 – day 28 before the event), the cancellation fee will be 80% of the package price.
- For cancellations within 4 weeks before the event (28 days until 0 days prior to the event), a refund minus a fee of EUR 100.00 is only given when space can be filled. The participant has to find a replacement person for the booked space (Anke Meyer needs to give her OK for the replacement person to participate, single case will be decided with regards to person, experience in Running/Pilates/Yoga etc. by Anke Meyer).

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am.concepts | training & events recommends to book a special travel cancelation insurance at the time of registration.

Cancelation by *am.concepts | training & events*

Anke Meyer/*am.concepts | training & events* may cancel your right to take part in the event and sell your spot to someone else if you fail to pay the full package price in due time and having received one reminder to make the due payment. In such case, Anke Meyer is entitled to charge the above mentioned cancelation fee (See under "Cancelation by participant").

In case the event becomes economically unreasonable for *am.concepts | training & events* (e.g. in case of too few participants) or any force majeure, *am.concepts | training & events* reserves the right to cancel the full event in which case you will be refunded the amounts of the package price paid so far. No other damages or losses will be paid by *am.concepts | training & events*.

§ 5 DAMAGE & LIABILITY

Anke Meyer/*am.concepts | training & events* and its teachers (guest teachers etc., or substitute) are not responsible or liable for any loss, damage, injury or health problem of the participants.

The event venue is a Yoga estate which Anke Meyer/*am.concepts | training & events* is renting for the event. All participants are liable personally for any damaged or stolen property at the event venue and its belongings, besides also for any material Anke Meyer/*am.concepts | training & events* and its teachers/team are providing for the course of the event.

Please make sure you are holding a private liability insurance or third party liability insurance.

§ 6 OTHER TERMS

General

Anke Meyer/*am.concepts | training & events* reserves the right to forfeit your right to take part in the event if you interfere with the event or if you massively break your obligations or duties. In this case you will have to pay any additional return trip costs on your own and no damage or loss will be paid by Anke Meyer/*am.concepts | training & events*.

Presenters

The following presenters will hold the mentioned classes. See respective event info for more information on the teachers.

Anke Meyer

Teaching Pilates classes, offering running sessions and Cardio

Yvonne Hendrikx

Teaching Meditation classes, Yvonne will offer you daily meditation to calm down your mind, focus on the present and get new energy

Guest Yoga teacher (Laura or other)

Teaching 2 hours Yoga workshop during the event. It will be a local Yoga coach with long experience.

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All classes will be offered in English with possibility to translate at any time to German, and French, Spanish.

Teachers are subject to change by Anke Meyer. If any one of the presenters is not able to teach at the event for any reasons of force majeure, sickness or other cause, Anke Meyer/am.concepts | training & events reserves the right to find a substitute teacher with the same or similar qualification. In such case, Anke Meyer/am.concepts | training & events does not owe you any reduction of the event price or further refund for such a change of teacher.

Health

You are obliged to inform the teacher before the event and each class and if necessary also before each exercise of any injuries which might limit your ability to perform such exercises or which might impose an unusual health risk for you or for other participants.

Anke Meyer/am.concepts | training & events and its teachers are not responsible or liable for any loss, damage, injury or health problems of the participants. Your participation at the event and the classes offered is at your own risk.

Health issues: _____

Photos:

During our event we will take serious nice pictures of the group or single persons, eg. during the classes and activities, during dinner etc. which might be used on Social Media or our webpage to do advertisement.

Participant's Name: _____

I hereby authorize Anke Meyer, am.concepts training & events to publish the photographs taken of me, and my name, for use in their printed publications and website. I acknowledge that since my participation in publications and websites produced by Anke Meyer, am.concepts training & events and their photographer is voluntary, I will receive no financial compensation.

For more details please contact us by phone or e-mail.

I, hereby, confirm my event booking subject to the aforementioned terms and conditions.

Date _____

Signature _____

Please return the filled-in and duly signed registration form as a scanned PDF file to anke.meyer@amconcepts.eu

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