# ACEBE 2021 Retreat

## St. Moritz, CH; 9-16 August 2021

St. Moritz is a runner's paradise, offering the perfect combination of scenery and altitude (1800m approx.). The first time we set foot on it, we knew we had found the perfect spot for our Yoga4Athletes Retreat.

Come join us from Aug. 9th to Aug. 16th and take part on an unforgettable week-long journey bringing our three greatest passions together: Running + Ayurveda + Yoga.

With the help of our friends from Runstars (UK) who specialize in Endurance Sports, and our own expertise in all things Ayurveda and Yoga, we'll help you reach your objectives whatever they are.

Whether you're a newbie to either running or Yoga or someone looking to improve her personal best, we got you!

## Terms & Conditions

## Payments

⚠ A 10% non-refundable deposit is required to secure a booking.
⚠ Full payment is due 12 weeks prior to commencement of the retreat to secure your place on the retreat.

## Guest obligations

⚠ All guests must arrange their own travel to St. Moritz to arrive in time for the evening meal on the first day of the retreat.
⚠ We deem adequate travel insurance to be an essential pre-requisite prior to booking with us. Please ensure you have cover in place and that you are covered for all types of activity that you plan to participate in whilst on the retreat.

△   We also highly recommend ensuring all guests have a European Health Insurance Card (EHIC). This card gives you access to state funded health care in these countries at a reduced rate or free of charge. You can obtain your EHIC though the NHS website.

△   Whilst we cater for all levels of fitness and ability and do our very best to keep people within their limits, running at altitude is a particularly demanding activity. Some of the activities will also take part at altitudes close to 3000m. It is guest's responsibility to ensure they are suitably fit and healthy and have undertaken any necessary medical screening.

△   All guests must declare any relevant health conditions and/or allergies to us prior to departure

△   The retreat operates in the high Swiss Alps where the weather can be very unpredictable even in the summer months. All guests must come prepared for the conditions and ensure they have suitable clothing, equipment, provisions and any necessary medication to participate in our activities safely.

△   All guests participate in activities at their own risk.

△   Guest accommodation is in twin roomed apartments. Any guests travelling alone accept they may share an apartment with a guest of the same gender.

## Cancellations and amendments to activities

△   Any guest may cancel 12 weeks prior to departure and receive a full refund minus 10% deposit.

△   Guest cancellations made within 12 weeks of the retreat departure date may not be liable to any refund of monies paid.

△   We reserve the right to cancel the retreat at any time due to exceptional circumstances. In such a situation we will provide a full refund of all monies paid to us. However we cannot be held liable to any out of pocket costs you may have incurred with other companies. We advise you to ensure this is covered by an appropriate travel insurance policy prior to booking with us

△   Various activities listed on the retreat are provided by third parties to which we have no control. If they cancel and/or amend any of their services in a way that makes it impossible for us to offer the activity, we will not be liable in such circumstances. We will however endeavour to arrange a suitable alternative where possible.

△   Entry to the 'Engadiner Sommerlauf' race is down to the race organisers discretion and subject to available spaces at the time of booking.

△   The weather in the high Swiss Alps can be notoriously unpredictable even in the Summer months. We cannot be held liable for any activities on the camp that are not possible due to prevailing weather conditions. We will however endeavour to be as flexible as possible to make the most of the best spells of weather during the camp.

Interested? Questions? Feel free to reach out to us!