

Soll(fu) Elevations Retreat – January 27-February 3, 2019

Congratulations on taking a BIG step toward your overall well-being!

This experience will jump start your year off on the right foot. You have reason to celebrate so prepare for your unforgettable experience!

Get ready to recharge your batteries and to experience luxury living.

What to expect:

You will be surrounded in beauty and comfort in the beautiful city of Puerto Vallarta, Mexico! The Casa Azul Profundo II is an amazing 11 bedroom/11 bathroom Villa overlooking the Pacific Ocean!

Your meals will be prepared for you and served to you instead of you preparing and serving. Be ready to experience the best in mind/body work with the schedule of classes that will include:

Pilates, Yoga, Meditation, Tabata and Energy Balancing/Healing.

We may even have extra “pop-up” classes for those who are up for it!

You will be guided by a team of inspirational retreat leaders who will guide you through all the classes and the personal development “Goddesses in Paradise: Dream Dialogue your amazing future!” We believe that your retreat experience should be one where you walk away as a better version of yourself.

Often times, we as women, are so busy caring for others that we lose sight of our own dreams and goals. This retreat is designed so you can reconnect with yourself, your dreams and your goals with plenty of relaxation and pampering.

You will learn to step out of resistance, fear and doubt and step into allowing and belief.

The only way to become a better version of yourself is by experiencing something new and exploring new positive ideas. Some refer to it as getting out of your comfort zone. Our travel retreats offer the perfect balance of fun, pampering, connection, laughter, and personal transformation thereby stimulating huge personal growth. It's quite normal to have resistance or trepidation when doing something unfamiliar. Be ready to walk away from your fears and walk toward your desires.

Inspire, Believe, Imagine, Achieve

CANCELLATION POLICY

RETREAT CANCELLATIONS

It is your responsibility to read and understand our cancellation policy before making a reservation.

Naturally, no one books with the intention of cancelling or postponing their retreat, but unexpected things do happen, so please purchase travel cancellation insurance once you have made your reservation.

DEFINITIONS

“Cancellation” is defined as not attending your scheduled Sol(ful) Elevations Retreat, including postponing or rescheduling.

“You” refers to the guest booking the Sol(ful) Elevations Retreat.

“We” refers to the Sol(ful) Elevations Retreat administrators and Pilates Plus of Schaumburg.

TRAVEL AND CANCELLATION INSURANCE

We strongly encourage you to have travel insurance. Please be sure that your insurance policy covers you for all relevant SPORT ACTIVITIES you will be engaging in on your retreat & TRIP CANCELLATION insurance.

Depending on the policy and conditions, travel cancellation insurance will pay for some or all cancellation fees.

With most agencies, insurance must be purchased within 14 days of making your reservation.

GUEST CANCELLATION POLICY

If you cancel your trip, Sol(ful) Elevations Retreat/Pilates Plus of Schaumburg and its agents and assigns, does not offer refunds for any reason. A portion of your payment may be used as credit for another retreat to be taken within one year of your original retreat date. We will gladly transfer your credit to another guest. All applicable forms must be filled out by the guest.

Depending on when you cancel, cancellation penalties may apply.

Fees are determined by the following schedule:

- If you cancel more than 120 days before your retreat start date, 100% of your payment may be applied to another Retreat.
- If you cancel 99 – 119 days before your retreat start date, 50% of your payment may be applied to another Retreat. You will forfeit 50% of the price of your retreat.
- If you cancel 78–98 days before your retreat start date, 25% of your payment may be applied to another Retreat. You will forfeit 75% of the price of your retreat.
- If you cancel 77 days or less before your retreat start date, you will forfeit your entire payment.

Exceptions to our policy cannot be made for any reason. We do not offer credit for a guest arriving late or leaving early. You must submit your signed Release of Liability form within two weeks of booking. Guests who fail to do so may be subject to an automatic cancellation and the above policy will apply.

PILATES PLUS RETREAT CANCELLATION POLICY

If Pilates Plus must cancel a booked retreat date for any reason, you may transfer your full retreat payment to another retreat, or you may request a refund of your payment to us, constituting a full settlement.

Pilates Plus and Sol(ful) Elevations Retreat is not responsible for your expenses incurred in preparation for any cancelled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip.

EASY PAYMENT PLAN:

We have created an **easy payment** plan option for you for this All-Inclusive* Experience.

- Log into or create your account by visiting www.Pilatesmindbody.com and log into your account or create a new account.
- Depending on what website you're viewing, you will need to Click the RESERVE YOUR SPOT/OR PURCHASE NOW button. When you are logged into your current or new account, please select the ON-LINE STORE in the top righthand corner.
- In the drop-down menu asking about Series or Memberships, choose RETREATS.
- This is the area where you will choose everything related to the retreat which is the deposit and your room selection.
- The first payment required is the Retreat Deposit. We use this to secure our luxurious Villa and down payments for excursions and exclusive private dinners at the finest restaurants in Puerto Vallarta. These are in high demand, so by us booking early we assure the finest experiences
- Next, you choose your Ocean Villa Room and make the first payment to secure the room you wish to stay in. Note: if you do not select your room and make the first payment, the room is available to others.
- Please note the following deadlines for all payments:
 - a. All payments (paid in full=deposit+room selection payments) are due no later than Thanksgiving Day.
 - b. We are expecting all rooms to be sold out.
 - c. If there is a room still available and you wish to sign up for this amazing retreat experience after Thanksgiving Day, the deposit and all room payments must be made in full otherwise, the room is available for others to book.
 - d. Should you not have all your payments made by Thanksgiving Day, your room selection can be made available for another guest to choose for us to assure all rooms have bookings.
 - e. The retreat information and bookings for our Retreats begin in April/May of the previous year to allow sufficient time to complete the retreat payment.
 - f. Payments based on the price of the rooms has been calculated into 6 payments over the months of April-November of the previous year to accommodate budgeting over a 7-8 month period.
 - i. A GOOD IDEA: Please set a reminder on your phone or calendar to make your payments as the system has no way of reminding you.
 - ii. You can make payments at anytime and in any amount and your account will keep track of your payments and your remaining balance.

ANOTHER GOOD IDEA: We strongly suggest that you purchase travel insurance as there are no refunds. Deposits have been made on the luxury Villa and many preparations have been made and paid for by staff to ensure the high-level experience for you on this retreat.

*Airfare, tips, souvenirs, personal purchases and any meals outside of the 2 meals/day prepared by our Private Chef at the Villa and on excursions, and any expenses that fall outside of all-inclusive items are the responsibilities of the retreat guest.

All classes, workshops, massages (amount TBD – we had each guest last year receive 3 massages by amazing massage therapists in 3 back-to-back days. We will meet or exceed this as times allows), 2 meals designated by hosts per day at the Villa, meals designated as included on excursions are part of the retreat price. Please note the value of the 6 day/5 night VIP experience is worth over \$12,000.00.

Release of Liability/Waiver of Liability

I _____ (print name) understand that Pilates, yoga, Tabata, snorkeling, sea kayaking, hiking, and all other activities offered on the Sol(ful) Elevations Retreat include physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, make any necessary adjustments and ask for support from the teacher. Pilates and yoga are not substitutes for medical attention, examination, diagnosis or treatment. Pilates and yoga are not recommended and are not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice Pilates and/or yoga or participate in any other activities included on the Retreat. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Pilates Plus of Schaumburg, Susan DeBouver, Emily DeBouver and all other members of Susan DeBouver, DBA Pilates Plus of Schaumburg, the wellness team and any agents or assignees including the Villa staff and owners.

I am fully aware and understand that the purpose of the Instructors is to share the knowledge of Pilates, yoga, meditation, energy balancing and Tabata and any other activity and/or event with their students. I further understand that the practice of Pilates, yoga, energy balancing and Tabata and any other activity/event may at times be strenuous and requires physical exertion and movement that may involve a risk of a physical injury. I fully understand and agree that I am responsible for judging my own physical capabilities and limitations and that it is my responsibility to determine that there is no medical reason to prevent my practice of Pilates, yoga, energy balancing, meditation and/or Tabata and any other activity/event with the Instructors. I further understand and agree that it is my full responsibility to consult with a licensed physician to determine if any medical condition exists that would prevent my safe practice of Pilates, yoga, energy balancing, meditation and/or Tabata and any activity/event that I wish to participate in while on the Sol(ful) Elevations Retreat. I agree to take full responsibility for NOT exceeding my own physical capabilities and/or limitations while practicing Pilates, yoga, energy balancing, meditation and/or Tabata and any other activity/event with the Instructors or on my own, and I agree to take full responsibility for any injuries I may suffer during the practice of Pilates, yoga, energy balancing, meditation, Tabata and/or any other activities on the Sol(ful) Elevations Retreat.

I agree that it is my responsibility to notify the Instructors prior to each class of any physical injury or other condition or limitation affecting my ability to practice yoga, and that I will inform the Instructors immediately if any injury does occur during class which I will not hold them liable. I understand that the practice of Pilates, Tabata, energy balancing, meditation and/or yoga may involve manual physical adjustments of my body by the Instructors. I am aware that if I do not want physical adjustments, it is my responsibility to inform the Instructors before the start of each class. In any, and all cases, I do not hold liable or responsible in any way shape or form anyone other than myself for any aches, pains, misalignments, injury of any nature.

I hereby waive and release any claim whatsoever, including injury of any kind, that I may suffer at any time for any reason and relating in any way with the practice of Pilates and/or yoga or any other activity with the Instructors, including but not limited to, its principals, partners, employees, agents, and/or representatives including Villa staff and owners. I agree that neither I, nor my heirs, assigns or legal representatives, will litigate or make any claims whatsoever against the Instructors, and/or their respective members, heirs, estates, representatives or assigns for any personal injury, property damage, loss or wrongful death, where caused by negligence or otherwise, now or in the future.

Additional RESPONSIBILITY: Including non-US and or International Programs:

Thereof: The Instructors, and their representatives and/or assignees, act only as agents in presenting course work and making arrangements at hotels or guest houses and transportation as appropriate for the specified program. You agree that the Instructors, and/ or their agents and suppliers shall not be liable for any injury, damage, loss, accident, delay or irregularity, liability or expense to person and/or property due to any act of default of any hotel, guest house, carrier, restaurant, company or person providing or rendering any of the services included in the tours, hike and boating outings. The tickets, coupons, tariffs, rules or contracts, currency in use by such carrier, hotel, guest house, restaurant or other contractor rendering or providing such service shall constitute the sole contract between You and such provider. Any participation in any potentially risky activities is at your sole discretion and responsibility. This includes during personal time outside of the regular scope and practice of the Instructors' programs and/or classes. Further, the Instructors and/ or their agents and suppliers accept no responsibility for any damage, delay, irregularity, regularity or liability arising from pilferage, labor disputes, machinery breakdown, quarantine, government restraints, war, weather conditions, defect in any vehicle of transportation or for any misadventure or casualty, or any other cause, nor for any additional expenses or damage due to change in advertised schedules or services or any other cause outside of their control. Any and all losses and/or expenses will be born by You, as retreat member.

I agree that the Instructors are specifically exempt and cannot be held liable for any airline delays or cancellations, or any other transportation or logistical arrangements of any kind, re-scheduling, inclement weather, acts of god, and/or acts of war and/or aggression by domestic or foreign powers. The Instructors reserve the right to cancel the entire trip (or any component of the trip) for any reason and at any time. In this event, the Instructors' liability, if any, shall be limited to and liquidated by refunding to you the payments you have made to the Instructors. The Instructors are not to be held responsible for any act, omission or event during the time you are on en route to, from or on retreat. The tickets and coupons in use by the airline when issued, shall constitute the sole contract between the airlines and you and/or the purchaser on your behalf. All tours and programs referenced herein may be sold in conjunction with the services of the airlines. The Instructors have no special knowledge regarding the financial condition of the hotel, guest house, carrier, restaurant, company or person providing or rendering any of the services included in the tours/trip, or any unsafe conditions, health hazards, weather hazards, or climate extremes at locations to which you may travel. For information concerning possible dangers at destinations, the Instructors recommend contacting the Travel Warnings Section of the U.S. State Department at (202) 647-5225 or www.travel.state.gov. For medical information, the Instructors recommend contacting the Centers for Disease Control at (877) FYI-TRIP or www.cdc.gov/travel. You assume full and complete responsibility for checking and verifying any and all passport, visa, vaccination, or other entry requirements of your destination(s), and all conditions regarding health, safety, security, political stability, and labor or civil unrest at such destination(s). You hereby release the Instructors from all claims arising out of anything covered by this paragraph. Any controversy or claim arising out of or relating in any way to this agreement, to any brochure advertising the Instructors' services, or any other information relating in any way to the trip, or to the trip itself, you shall be responsible for any and all costs and fees associated therewith.

I have carefully read the above release of liability and fully understand and agree to the above.

Signature

Date