

Yoga & Sound Healing in Tuscany

Ignite Your Creativity, Unblock, Heal, Find Peace,

and Spark Joy through Yoga and Sound

Yogi/Dancer/Energy Practitioner/Master Teacher

Charee Janelle

Cortona, Italy

April 26-May 2, 2025

Enrollment Form

(Please print, complete and mail this form.)

To confirm a reservation it is necessary that this form is filled in and signed, then mailed to us with the necessary payment. Enrollment requests are processed on a first-received basis. Due to enrollment limitations we may not be able to accept all requests for enrollment. In this case we may offer you alternate dates which you may elect to accept or decline within seven days.

PARTICIPANT INFORMATION

(List all participants and non-participants separately and include with this form)

Contact Name _____

Address _____

City _____ State _____ Zip Code _____

Country _____

Telephone-Day _____ Telephone-Evening _____

Email _____ Fax _____

Emergency Contact phone number: _____

Special or dietary needs: _____

*I have read and agree to the Enrollment Terms and Conditions (see below).

Signature (required) X _____

BOOKING PERIOD

__ From arrival in Cortona Saturday April 26, 2025 to departure Friday May 2, 2025.

"Yoga and Sound Healing in Tuscany" Accommodation Choice & Price Calculation

Special Hotel Plans: Intended workshop venue & instructor accommodations. Based on availability.

___ \$3,749.00 per person Workshop Participant one week w/ private room/bath w/breakfasts and 7 dinners/ 6 lunches.

___ \$3,649.00 per person double occupancy/shared room for two Workshop Participants w/breakfasts and 7 dinners/ 6 lunches.

*Group Meal Plan (GMP): Includes daily Italian breakfast, lunch, dinner & wine tasting aperitif

Total Due: \$ _____

US\$350.00 deposit per person due with enrollment form. Those enrolling after February 26, 2025 please remit payment in full.

Preferred Payment Method (see below Enrollment Terms & Conditions)

Personal Checks, Bank Checks, Electronic transfer accepted only. Make checks payable to: **"Patrick J. Mahoney"**

Mail completed form and deposit to:

"Yoga and Sound Healing in Tuscany" 2025

Patrick Mahoney TA

367 West Broadway

Gardner, MA 01440

USA

All enrolled participants will receive written confirmation and further workshop information. This workshop is offered based on a minimum number of 8 participants. Toscana Americana may cancel this workshop if the minimum number of 8 participants is not met 90 days prior to intended workshop start date. In this case alternate dates may be offered or all payments returned. All classes are taught in English.

Terms & Conditions

Workshop Period

The Toscana Americana "*Yoga and Sound Healing in Tuscany*" workshop period is for one week from Saturday April 26, 2025 upon arrival and check-in in Cortona until the following Friday May 2, 2025 at the time of check-out unless arranged otherwise.

Arrival and Departure

Participants are responsible for their own travel to and from Cortona unless participating in the Escorted Group Travel. Escorted Group Travel is offered and included from Florence airport to Cortona only on Saturday April 26, 2025 (Time to be announced). Return Escorted Group Travel is offered and included from Cortona to Florence airport only on Friday May 2, 2025 departing Cortona at 8:00am. All departure times to be indicated at a later date.

Included in the Toscana Americana "*Yoga and Sound Healing in Tuscany*" Price:

- One week stay at your assigned three-star hotel including but not limited to Electricity, heat (in the winter) hot water, clean bed linens, towels, soap.
- All sightseeing tours and field trips as specified in the Toscana Americana "*Yoga and Sound Healing in Tuscany*" itinerary.
- All lunches and dinners, unless otherwise noted in the Toscana Americana "*Yoga and Sound Healing in Tuscany*" itinerary. Lunches may be chosen from lunch menu. Dinners are chosen from a prefix menu prepared for our guests. All lunches and dinners are group style.
- Wine and non-alcoholic beverages with lunches and dinners limited to selections prechosen by Toscana Americana. Drinks with lunch and dinner shall be considered as being ¼ liter of wine and ½ liter mineral water per person, per meal.
- All basic tips, including long distance coach drivers and guides, except where national regulations and supplier rules forbid. Participants should consider adding \$1.00US per day for extra or exceptional service for all of the above personnel.

English-speaking Guides for all guided day trips as noted in the Toscana Americana "*Yoga and Sound Healing in Tuscany*" itinerary.

- Itinerary may be adjusted to accommodate seasonal openings and/or unexpected closing of attractions, restaurants, museums, etc.
- Published Toscana Americana "*Yoga and Sound Healing in Tuscany*" prices are Per Person, single occupancy, based on a minimum group of eight registered and enrolled participants. We also offer pricing for shared accommodations.

Not Included in the Toscana Americana "*Yoga and Sound Healing in Tuscany*" Price:

- Passport fees.
- Round trip transportation to/from guest's departure point in the USA. Airfare not included. Applicable taxes are not included in Published price.
- Personal Protective Equipment such as but not limited to face masks, gloves, sanitizer and disinfectant
- ETIAS visa fees
- Transportation to/from Cortona (Unless participating in the Escorted Group Travel).
- Ground transportation in Cortona outside of programmed activities
- Entrance fees to museums and sites outside of Cortona.
- Excess baggage charges. See your air carrier rules.

- Liquor or distilled drinks.
- Entertainment or activities during scheduled free periods during days or evenings.
- Items of a personal nature, including, but not limited to, laundry, extra portorage, etc.
- Optional Baggage and Trip Cancellation Insurance; this is highly recommended.
- Additional courtesy tips for good service.
- U.S. Customs Charges upon return (on goods exceeding \$400 per person at last notice).
- Telephone charges
- Supplementary maid service
- Any other expenses, costs or charges not specified in the section titled “Included in the Toscana Americana *Yoga and Sound Healing in Tuscany*”.
- Overnight lodging, meals, transportation, or missed travel services due to airline scheduling, misconnections, or delays.

Variations

Toscana Americana reserves the right to change accommodations and itinerary in the case of force majeure. The customer shall inform Toscana Americana in writing whether he chooses to withdraw or to benefit from the alternate package within and not after 2 days from receipt of the alternate proposal. Should the customer fail to accept any variations, Toscana Americana shall return only the sums of money received within 7 working days from receipt of the communication from the customer.

Sleeping Accommodations

Single private rooms are based upon availability. Double occupancy available upon request and based on availability.

No un-enrolled person or persons may occupy or otherwise share a room or accommodations with enrolled guests/participants. Special permission may be granted with advance notice. If special permission is granted for an un-enrolled person or persons to share or occupy a guest room, the un-enrolled person or persons will be responsible for one-half the regular room rate. All Toscana Americana Workshops accommodations partners cooperate to enforce this position.

Payment Terms

1. All prices are in United States dollars.
2. For reservations made more than two months prior to arrival date, a non-refundable deposit in the amount of US\$350.00 per person is due with the enrollment form to secure the workshop period. The balance is due no less than 3 months before the arrival date.
3. For bookings made less than 2 months before the arrival date, the total workshop fee is due at the time of booking.
4. Upon receipt of the initial deposit you will receive a receipt/confirmation in writing.
5. Upon a receipt of your final payment 60 days to arrival, you will be sent a final receipt, directions to your accommodations and any other information pertinent to your stay.
6. Please see explanations for Security Deposit and Refunds below.
7. Personal Checks, Bank Checks accepted only. Make checks payable to: “**Patrick J. Mahoney**”

Cancellation of Toscana Americana "Yoga and Sound Healing in Tuscany" Workshop

This tour is offered based on a minimum number of 8 Workshop Participants. Toscana Americana may cancel this tour if the minimum number of 8 Workshop Participants is not met by February 26, 2025. In the event of cancellation by Toscana Americana enrolled participants will be offered alternative dates or a complete refund.

Cancellation and Refunds

CANCELLATION ONCE FULL FINAL PAYMENT HAS BEEN MADE: Any cancellation notification must be made in writing to Toscana Americana in writing.

Cancellations received between February 26, 2025 and March 26, 2025 : 50% of the total enrollment fee is forfeited unless we are able to enroll another participant in the tour. If another participant is enrolled, your full payment will be refunded once new re-booking of the tour is confirmed.

Cancellations received between March 27, 2025 and April 27, 2025: 75% of the total enrollment fee is forfeited unless we are able to enroll another participant in the tour. If another participant is enrolled, your full payment will be refunded once new re-booking of the tour is confirmed.

Cancellations received between April 28, 2025 and May 2, 2025: 100% of the total enrollment fee is forfeited unless we are able to enroll another participant in the tour. If another participant is enrolled, your full payment will be refunded once new re-booking of the tour is confirmed.

Please be advised that it is extremely difficult to re-book the tour once a cancellation is made within the 90 days prior to arrival date. Notification of cancellation must be in writing. **NO REFUNDS ARE GIVEN FOR ANY UNUSED PORTION OF THE PROGRAM.**

Refunds

No refunds are given for any unused portion of the workshop program, itinerary, or services described.

Damages & Charges

Guests are required to act in a responsible manner at all times. The client is responsible for ensuring that the property is left upon departure in the same general condition and repair as on arrival. Toscana Americana reserves the right to recover from clients the cost of any loss or damage caused by a failure to respect the property, fixtures, or fittings. Toscana Americana reserves the right to recover from clients the cost of excessive use of the telephone. Clients are required to use their long- distance calling cards or credit cards when placing long-distance calls. Low rate per minute international calling cards are available locally

Travel Insurance

Insurance is not provided. You are strongly advised to make the necessary arrangements with a reliable insurance company to cover all stages of the holiday including flight or transport cancellations as well as for cancellation of the group tour booking. Your travel agent should be able to help you with this. **Trip insurance can be purchased at <https://www.insuremytrip.com/>.**

Complaints

We cannot be held responsible for events beyond our control such as breakdowns, leaks, power cuts, water shortages, floods, storm damage, strikes or force majeure deposit. We will do our best to resolve any complaints to the best of our ability.

Liabilities

We cannot accept liability for fortuitous events such as acts of God or war, riots or civil strife, terrorist activity, industrial disputes, natural disasters, fire, adverse weather conditions, or consequences of any person during the course of the holiday stay. Toscana Americana shall not be held responsible in any way for any damage caused by or to travelers or customers if they do not undertake or complete their journey, nor for any contretemps during the journey due to delays, breakdowns or failure of the means of transport, nor illness, bad weather, strikes nor for any other reason due to force majeure. These conditions must be accepted by all members of the group tour party. We can not reduce or waive these terms in the event of circumstances beyond control such as illness, injury or death, flight cancellations, war, civil uprisings, terrorist attacks, labor strikes, earthquakes, floods, storm damage or force majeure.

A note to Participants

Please understand that many of the conveniences, which we accept as normal in the USA and some other countries, are not always as readily available in rural Italy. It is very important to bring with you all medications and prescriptions. Your needs may be difficult to meet in another country. You should understand that the electrical systems in Italy function on a 220-voltage current. We have done everything possible to make available any necessary electrical adapters that may be needed. However, we suggest you bring your own as well. You may experience a power or telephone outage during a storm or other related interference, which is fairly normal. Please understand that these occurrences are totally out of our control and that we cannot make refunds due to happenings such as these during your stay. Generally the outages are for short periods of time and will not result in any major inconvenience. All day trips require walking. Streets in the hill towns are usually sloped and paved with chiseled stones. Comfortable walking shoes are recommended along with a variety of clothing for various weather conditions. Also, U.S. Customs does not permit meat products and other items into the USA. Please check before you purchase items to be sure they will be allowed entry into other countries.

Covid-19 Protocols and Safety Measures

To respect our local host communities/countries and to ensure the safety and health of our guests and participants we follow the safety measures and protocols in place by our host communities/countries at the time of any given workshop or program or tour. These measures and protocols may vary and or change from time to time as well as during the course of any given workshop or program or tour and we will adapt to and abide by official safety measures and protocols. All of our guests and participants, without exception, are expected to adapt to and abide by official safety measures and protocols during any given workshop or program or tour in which they are participating. Personal Protective Equipment (PPE) such as face masks are the responsibility of each guest or participant. Health documents such as proof of vaccination or inoculation or other required by a host country, such as Italy for example, are the sole responsibility of each guest or participant. We strongly suggest all such documents are carried on-person at all times during any given workshop or program or tour in which they are participating. Persons who may be in an at-risk category or state of health are suggested to not participate.