

## **Yoga/Hiking in Samedan (Grisons) Switzerland July 14 - 21, 2007**

Fee for Yoga/Hiking - 7 nights: \$2400/person\*. Single supplement: \$70. (As long as single rooms are available).

### **Included in Fee**

- welcome aperitif
- 7 nights at four-star Hotel Chesa Quadratscha
- Sumptuous breakfast
- 7 dinners - vegetarian meals optional
- All hotel taxes and gratuities
- Use of indoor swimming pool, sauna, solarium
- Guided daily yoga
- Guided daily moderate walks
- Excursion plans for hiking on your own

\*Fees are subject to change due to exchange rate fluctuations

A deposit of \$300 must accompany the application form. Balance is due by May 15th. After receipt of your application, we will send a confirmation letter followed by a Welcome Packet, which will include detailed suggestions on what to bring and travel information from Zurich to Samedan. Questions? Call Sandra Uyterhoeven (617) 354-0570 or e-mail [Sandrauy@earthlink.net](mailto:Sandrauy@earthlink.net)

## APPLICATION

Send to Sandra Uytterhoeven  
975 Memorial Drive, #401  
Cambridge, MA 02138

Date: \_\_\_\_\_

Enclosed is my check for \$300 per person to reserve a place on Yoga/Hiking 2007 in Samedan.  
I understand that the balance of \$\_\_\_\_\_ is due May 15th (see fee schedule above).

PLEASE PRINT: Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone: home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_ Email \_\_\_\_\_

We wish a double accommodation  I wish a single accommodation - \$70 extra

I wish to extend my stay at the Hotel on the following dates: \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_

Hiking preference: gentle walks (level/slightly hilly up to 4 hours) \_\_\_\_\_

Moderate walks (hilly terrain, 4-6 hours) \_\_\_\_\_

Challenging hikes (4-6 hours, sometimes steep, rugged or narrow pathways) \_\_\_\_\_

Yoga Experience: \_\_\_\_\_

**PLEASE READ AND SIGN RESPONSIBILITY STATEMENT ON  
NEXT PAGE.**

## **RESPONSIBILITY STATEMENT**

For Cancellation before January 30th, the deposit will be fully refunded. For cancellation between Jan. 30 and May 15, there is a \$300 cancellation fee. One half of the trip cost will be retained if you cancel between May 15 and July 1. For cancellation after July 1, the full fee will be retained. We invest our time in planning for your yoga/hiking vacation throughout the year, in increasing proportion as the year progresses. We need to make a commitment to the hotel in order to assure adequate space and obtain a good rate, and to our Swiss guide to assure availability.

We can assume no liability for injury, sickness, loss of or damage to property. We can recommend insurance for accident, baggage or trip cancellation.

I/we hereby certify that to the best of my/our knowledge, I/we am in good health and suffering from no physical or mental condition which may be detrimental to my/our or others' safety, comfort, and convenience during the trip. I/we are able to walk at least 4 hours per day over uneven terrain that might be wet or muddy in places.

I/we have read the above and agree.

Signature \_\_\_\_\_ Date \_\_\_\_\_