

TERMS & CONDITIONS

VITA BELLA
RETREATS



Thank you for booking with Vita Bella Retreats.
We are thrilled to have you join us in enchanting Italy!

Vita Bella Retreats is committed to using methods, operating procedures, and a code of conduct to ensure that our guests have a high quality experience, and we can operate efficiently.

You are agreeing to the following terms and conditions by booking one of our retreats and signing this agreement.

All travelers must be 18 years or older to attend our retreat.



Payment Terms

Payment in full will be due within 90-180 days prior to the retreat depending on the retreat.

Passport, Visa and Related Items

You are responsible for obtaining and maintaining a valid passport and all appropriate visas, permits, certificates of travel while visiting Italy for the retreat.

Vita Bella Retreats is not responsible if you are denied entry or exit to/from Italy due to a lack of valid documentation.

Travel and Health Insurance

We require the purchase of travel and health insurance to attend the retreat. Many companies require you to obtain insurance within two weeks of placing your deposit. You are solely responsible for the cost of any travel insurance and ensuring that you are adequately insured for the full duration of the retreat with respect to possible illness, injury, death, property damage, loss of baggage and personal items, cancellation and/or curtailment, and/or any other potential losses, damages, costs, expenses, or liabilities. You will be solely responsible for any losses related to your failure to procure travel insurance. Vita Bella Retreats is not responsible for any losses you incur and/or sustain.

Retreat Details

Retreat details including information about the destination and accommodation will be provided within the welcome pack guests receive after placing a deposit and reserving space. It is your responsibility to ensure that you read and fully understand the retreat details prior to travel.

Registration

To confirm attendance on your retreat, please select the "Make a Deposit" option on the sales page by clicking the box to confirm that you have fully read and understood the terms and conditions.

After you've made a deposit, you will receive a confirmation email which includes your welcome pack.

Your final payment is due 90 days before the retreat begins. You will confirm a reservation spot on the retreat once full payment has been received.

Confirmation and Itinerary Subject to Modification

After Vita Bella Retreat receives payment, you will receive a confirmation email which includes your welcome pack.

Please contact us if you do not receive your confirmation email at info@vitabellaretreats.com within five (5) business days of payment, and we will email your confirmation email and welcome pack.

The itinerary for the event is subject to change and Vita Bella Retreats expressly reserves the right to modify the itinerary at any time.



Payment

You may confirm space in the retreat by making a \$1,500 deposit.

Full payment for the retreat is due 90 days before the start of the retreat.

We will invoice you directly and you may pay with a credit card or bank transfer.

If you need to cancel:

- 90 days or more prior to the start of the retreat: Deposits are non-refundable and may not be transferred to another retreat.
- Less than 90 days prior to the retreat: Deposits and payments in full are non-refundable and non-transferable

Please note Vita Bella Retreats is not able to offer refunds or discounts for arriving late, leaving early, flight cancellations, family emergencies, endemics, pandemics, earthquakes, travel delays or illness by you or any of our guest teachers, managers or staff.



Cuisine on Retreat

The restaurant Osteria Della Fattoria is located on our retreat site and its owner Donatella Cinelli Colombini created it to serve her Brunello, Orcia and Chianti wines together with classic Tuscan dishes, known throughout the region. Breakfast, lunch and dinner on retreat is served here each day. Every dish is prepared with care and with excellent ingredients: fresh vegetables from the estate gardens, Chianina meats and Cinta Senese pork, white truffles from the Crete Senesi. All of their cuisine aims to bring to the table what is genuine and authentic in the Tuscan countryside.

Gluten free, dairy free, vegetarian can be served but may be limited.

Are Vita Bella Retreats suitable for Vegans?

Since our retreats explore local food traditions, much of what we are discovering, learning and eating will be very challenging for vegans. Unfortunately we cannot provide substitutes.

If you cancel your participation in a retreat for any reason, our cancellation policy will apply. We wish we could compensate people for unforeseen circumstances (injury, pandemics, illness, family emergency, etc), but we have costs already incurred when reserving retreat locations, booking bus transportation and hiring staff.

****To protect yourself further, we require you to purchase travel insurance.**

TO CANCEL

- You must send an email stating that you wish to cancel to Business Director, Sarah Minor at info@vitabellaretreats.com.
- Policies are subject to change without notice.

Vita Bella retreats is not responsible for any increased costs due to extending or changing lodging with the hotel and may be added to your final invoice if need be. Please be sure to ask the hotel about additional costs so you are aware ahead of time.

Liability

By participating in any Vita Bella Retreat, you completely understand and realize that the retreat could include actions or tasks which might pose some risk to you. There may be a contagious illness which Vita Bella Retreats is not liable for.

By signing below, you agree to the fact that participation can cause harm or injury to you and release Vita Bella Retreats and all Vita Bella Retreats subcontractors and employees from all liability, costs, and damages which could arise from attendance and participation in a Vita Bella Retreat and all its scheduled events, activities, and classes. Further, you recognize that Vita Bella Retreats and its partners and subcontractors are not responsible for any lost, stolen, or damaged property that may occur during the retreat or any non-group related travel costs such as private cars, transfers, or trains.

You agree to accept financial responsibility for the costs related to replacement of property and/or emergency medical treatment and give confirmation of the same by signing this document.



Cancellation of Retreat by Vita Bella Retreats for Force Majeure

Vita Bella Retreats reserves the right to cancel or reschedule any retreat, if the cancellation is due to Force Majeure (terrorism, political unrest, an Act of God, earthquakes, endemics, pandemics, teacher illnesses, or other cause beyond the reasonable control of Vita Bella Retreats), Vita Bella Retreats will not issue refunds or credits. Vita Bella Retreats is not responsible for any incidental expenses or consequential losses that you may incur as a result of a canceled retreat, including visas, vaccinations, non-refundable or non-transferable flight or other transportation tickets, non-refundable car parking or other fees, loss of earnings and loss of employment. It is uncommon for a Force Majeure event to occur, but we regretfully cannot refund or credit where Force Majeure is activated, even after your retreat has begun. We are not obligated to seek refunds from suppliers or services already paid. This is why require you to purchase travel insurance so you can claim loss expenses as a result of a retreat cancellation that is beyond our control.

Issues on Retreat

If an issue arises for you during the retreat, please alert the Vita Bella Retreats on-site manager directly. They are there to listen to you, to do what they can to attend to the issue at hand, and to solve it to the best of their abilities.

We request that should an issue arise for you on retreat, you have a private conversation with the on-site manager. This etiquette is in place to protect the other guests, who might not be having the same experience as you. Over the years, we have learned that when one guest openly voices a dislike, it puts the other guests into problem-solving mode on that guest's behalf. Our managers are the ones tasked to solve problems, not other guests, and so we ask for the benefit of all guests on the retreat to kindly keep this in mind, and to make issues known to the Vita Bella Retreats on-site manager on the retreat so that they can resolve them.



Conduct

You undertake to behave professionally, courteously, and respectfully in all dealings with Vita Bella Retreats or any person(s) acting on behalf of Vita Bella Retreats including on-site managers, guest teachers, their assistants, staff at our location, and any other clients or other third parties to whom you may be introduced in connection with the Services. Rude behavior is not tolerated.

If there is any behavior such as harassment, disparagement, overuse of alcohol, or bullying Vita Bella Retreats reserves the right to require you to exit the retreat at your own expense. Vita Bella Retreats does not tolerate rude or disrespectful behavior by any of its guests or staff members. We will enforce this if need be.

Disclaimers

You acknowledge that the retreat involves education, personal, and spiritual development, that their effect depends on your own level of engagement and commitment and that no specific results can therefore be guaranteed by Vita Bella Retreats and Vita Bella Retreats accepts no responsibility for any decisions made by you as a result of the retreat.

Vita Bella Retreats obligations are limited to providing the retreat as expressly described in these Terms & Conditions and no further warranties, representations, or assurances are given to the extent that these are implied by and cannot be excluded under law.

You acknowledge that Vita Bella Retreats is not qualified medically or as a psychologist or therapist and that the retreat is not intended to be for medical or therapeutic purposes.

You confirm that you are mindful of your own wellbeing and are wholly responsible for taking any medical or therapeutic advice or treatment which is, or may be to your benefit, without guidance or involvement on Vita Bella Retreats.



Consent to Use of Photos and Videos

During any Vita Bella Retreats retreat, photos or videos of you may be taken by our staff or other retreaters. You consent to such pictures or videos being taken and grant Vita Bella Retreats a perpetual, royalty-free, worldwide irrevocable license to reproduce and publish such pictures and videos on its website or in any other medium (including for marketing and promotional purposes), without any obligation owed to you or any compensation payable to you.

The above terms and conditions, shall survive termination of the Contract.

If you have any issues with your booking, please contact info@vitabellaretreats.com.



Confidentiality and Non-Disparagement

Each of us shall keep confidential all sensitive information relating to the other, and the other members of the group and my/their business (which in my case includes materials provided in connection with the Services) and not use such information for any purpose other than that for which it was provided. This shall not apply to the extent that any information is required to be disclosed by law or by any court or public body having binding authority to require such disclosure.

We each agree not to engage in any conduct or communications, public or private, intended or likely to disparage the other or damage their interests.



Vita Bella Retreats — Illness & Wellness Policy

Effective April 2026

Our Philosophy

At Vita Bella Retreats, we believe in the power of shared experience, mutual respect, and personal responsibility.

Over the years, we've learned that every group has its own rhythm and every teacher brings a unique philosophy about wellness. Rather than one blanket rule, we've chosen an approach that balances **personal accountability** with **teacher autonomy**, creating a calm, respectful environment for everyone.

1. Personal Responsibility as Our Baseline

All participants, staff, and teachers are trusted to take care of themselves and one another in a spirit of awareness and kindness.

This means:

- Staying home if you feel unwell or have symptoms of a contagious illness (cold, flu, Covid, etc.).
- Practicing good hygiene (hand-washing, covering coughs/sneezes, etc.).
- Making your own decisions about testing, masking, or distancing based on your comfort level.
- Notifying your teacher or onsite manager if you become sick during the retreat so we can assist with local resources and ensure you rest comfortably.

Vita Bella does **not** require vaccination, masking, or testing as a condition of attendance, unless required by local law or venue policy at the time of your retreat.

2. Teacher Autonomy and Group Guidelines

Each guest teacher has the freedom to establish any additional wellness or illness guidelines they feel support their group's harmony—such as pre-arrival testing, mask preferences, or indoor protocols.

- Teachers who choose to set extra guidelines will communicate them directly with their participants.
- Teachers are responsible for the implementation and tone of their own policy within their retreat.
- Vita Bella will not monitor, enforce, or mediate teacher-specific health rules; our role remains logistical and supportive only.

3. Our Role and Support

Our onsite managers and partners in Italy provide practical support (access to local pharmacies, medical clinics, or testing if requested). We will always assist participants in arranging care or private rest if illness arises, but we will not impose directives or penalties.

We've learned that when we try to enforce health policies ourselves, it can create unnecessary tension or fear—so instead, we trust adults to navigate wellness choices with mutual respect.

4. Travel Insurance Requirement

All participants are **required** to carry comprehensive travel insurance that includes:

- Coverage for **medical care and related expenses** incurred during the retreat (including doctor visits, medications, or hospitalization).
- Coverage for **trip interruption or cancellation** due to illness, including Covid or other health issues that may disrupt your retreat or require early departure.

Each guest is responsible for any costs associated with illness, quarantine, or medical care abroad. Vita Bella is not responsible for expenses related to health issues, missed activities, or early departures.

5. Refunds and Trip Interruptions

Our standard refund and cancellation terms apply regardless of illness.

We strongly encourage guests to review their travel insurance policy carefully to ensure it provides adequate protection.

6. Our Shared Commitment

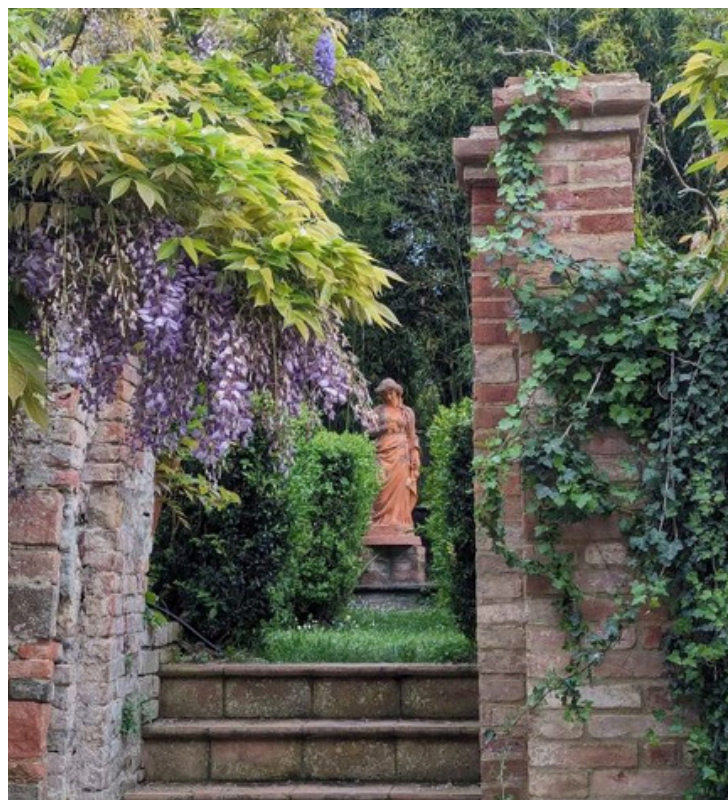
This policy reflects the heart of Vita Bella Retreats—**living beautifully, responsibly, and with compassion for ourselves and one another.**

We trust every participant and teacher to bring common sense, care, and kindness to their retreat experience.

By attending a Vita Bella Retreat, you acknowledge that you are personally responsible for your own wellness decisions and agree to honor the guidelines set by your retreat leader, if any.

Grazie mille for being part of this thoughtful and evolving community.

Together we continue to create restorative, joyful retreats rooted in autonomy, respect, and the art of *la dolce vita*.



SIGNATURE PAGE

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***** I have read and acknowledged the above Vita Bella Retreats Terms & Conditions document. By signing below, I agree to these terms and conditions as it pertains to my retreat*****

Printed Name of Participant: _____

Signature of Participant: _____

Date of Signature: _____

Date of Retreat: _____

