



THE
ITALIAN EXPERIENCE
RENAISSANCE SAFARI



BORGO SAN BIAGIO



Accomplishing Wellness Ltd

presents

THE RENAISSANCE SAFARI

Renaissance

'Re*nais'sance'(n) - to be born again; a new birth or revival of learning; a new cycle of existence; spiritual enlightenment

The Renaissance Safari has been created by the Accomplishing Wellness Team to provide an intensive experience with the goal of enabling you to relax, eat good food, enjoy Italian Culture, eco-therapy and nature. Specifically created for individuals with their health and well-being in mind, the Renaissance Safari encourages rejuvenation and relaxation leading to physical, mental and spiritual recharge.

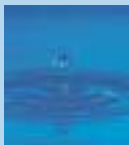
The Accomplishing Wellness team, who specialise in work and lifestyle wellness programmes, will assist you to once again take control of and enhance your own health and wellbeing.



Beverly Edgington, Frances Fewell and Dawn Hillier

"Our aim is for our clients to enjoy an Italian lifestyle and benefit from a truly holistic, unforgettable experience. They will be inspired by our experienced teachers and established practitioners with the opportunity to learn new lifestyle and wellness skills or revive old ones."

Dr Dawn Hillier,
Managing Director of Accomplishing Wellness



THE RENAISSANCE SAFARI



The Renaissance Safari aims to inspire you to achieve optimum health and wellbeing by combining spa treatments with creative activities, and relaxation enhanced by the local culture and cuisine. Themes include living and working well; eating and sleeping well, playing and moving well. We will guide you gently through your Safari using the ancient art of touch that helps you to communicate with your physical and emotional needs. Our range of treatments have been developed over a number of years, influenced and inspired by our personal experiences of exotic cultures and ancient traditions. We will provide an exciting and enjoyable range of individually focused natural therapies, restorative experiences, and educational workshops and wellness toolkits. At the end of the Safari, refreshed and revived, you will take home a wellness toolkit.

N.B we do expect you to commit to participate fully in the activities and share the experiences.

"The team will welcome you to their world of complete sensory heaven - where time is left at the door and a new journey begins".

Frances Fewell,
Leading holistic practitioner and Director of
Accomplishing Wellness

PROGRAMME

Are you living as creatively as you could be?

Join Dawn Hillier to explore and discover how creative behaviour can be included more fully in all areas of life.

- **COLOURING OUTSIDE THE LINES**
With freedom to explore your undiscovered artistic self, Dawn uses a variety of pencils and paints to lead you into a new awareness.
- **NATURE DRAWING**
Join us outside to commune with nature. Capture the colours of the country.
- **LIFEMAPPING GROUP WORKSHOP**
Join us to learn to redesign any aspect of your life using the whole-brain, problem solving technique called mind-mapping. Great for people in transition.

- **POETRY PERFORMANCE**

Express yourself in poetry that embodies and brings your experiences to life.

- **REFLECTIVE AND CREATIVE WRITING**

Try your hand in creative writing and reflect on your life experiences whether at work, play or at home.

- **STORYTELLING**

Recreate the art of using stories to explore different situations – using different styles – myths, legends, metaphors.

- **GETTING BETTER EVERY DAY**

A lesson in the healing art of **guided imagery**. Explore the potency of visualization, and creative simple take-home guided suggestions for enhancing one's health and vitality.

- **MASSAGE GROUP WORKSHOP**

Join our team to learn to give a massage and self-massage techniques.

- **REFLEXOLOGY GROUP WORKSHOP**

In this hands-on workshop, learn why foot reflexology is so popular as an antidote to stress and pain. Learn to give and receive reflexology.

- **INDIAN HEAD MASSAGE**

Experience and learn about indian head massage.

- **WIRED FOR HEALTH**

Health enhancement using biofeedback. This lively lecture and demonstration that will help you learn to control your response to stress and to stay healthy using the power of positive thinking and being happy.

- **LUNCH & LEARN** Enjoy lunch salad bar, soup, dessert and watch our Chef prepare a healthy meal.

- **SHOPPING FOR HEALTHY FOOD**

Try something adventurous and maybe a little bit risky – join in the fun of shopping in the markets in a foreign language (don't worry we'll give you plenty of help!).

- **WALKING**

Get some exercise while exploring the local countryside – take your digital camera and we'll have a movie show in the evening over wine!

- **MOVEMENT THERAPY**

Barefoot boogie, Belly dancing, Salsa, Jazz dance, African rhythm

- **TAI CHI/YOGA and BODY BALANCE**

- **PERSONALISING YOUR SPACE**

Using colour, perfume, sounds to stimulate your senses and truly inspire the creativity within.







AROMATHERAPY IN THE STYLE OF FRANGIPAN®



Essential oils were used by the Egyptians and still used today as a medicine as well as for treatments. Aromatherapy is an exciting treatment and is one of the few things in life that is both nice and good for you!

The blended oils are used in massage or bath or as a fragrance to relax the muscles and mind. Aromatherapy has been used for centuries as a medicine, a therapy, to perfume rooms and this sensory experience is used in reminiscence work to recapture a special moment in life with the use of smell as the trigger.

Aromatherapy – a wonderful blend of art and science, involving the creation of a fragrance, individually blended for each person.

Frances has developed a technique Frangipan® that is unique to this experience and her team of practitioners will use this within treatments. All of our practitioners will work individually with you and are trained to the highest professional standards. They have years of appropriate clinical experience and will ensure this experience is one that you will remember. In addition, a bottle of your special 'blend' will be given to you as a gift to use at home to recall this experience.



If you wish to learn a simple technique, to use on yourself and others, this can be shared on this experience and taken back to use when needed.



BORGO SAN BIAGIO

There is nothing quite like Borgo San Biagio. Part of Umbria's legacy of small, medieval villages (borgos), this tiny hamlet high in the verdant hills of Umbria has been lovingly restored by its owner, Renato into a unique and lovely place to stay.



From the 1,000 year old Renato's Tower, to the romantic bedroom area of the priest's house, each property is unique. Comfort is a priority, whilst retaining historic original features. The extensive private grounds surrounding the Borgo provide privacy as well as making it ideal for nature lovers wishing to explore the surrounding woodland.

Renato has been careful to give each property its own garden area for peaceful reading or contemplation. The views from all areas and particularly those from Renato's Tower and pool area are spectacular. The heated pool, wonderfully enticing even on a coolest morning, is surrounded by lawn and paving and is a stones through from the outdoor shaded eating area where meals are served. The converted chapel acts as a workshop area or a quiet retreat in the evenings. An informal 'borgo dining room' sitting area/pool bar complete with kitchen and cool drinks, creates an almost club type atmosphere for the group.

While guests will be reluctant to leave this idyllic spot, the temptations of Umbria and Tuscany's famous artistic and historic treasures await us, all within easy reach. Borgo San Biagio is an amazingly unique venue for groups who wish to escape the stress of modern life for a few days.



BOOKING FORM

Either fill in the form below or book on-line at

www.accomplishingwellness.co.uk Secure on-line transactions handled by PayPal.

Details:

Name

Address

.....

Telephone Daytime Evening

Email

How you heard of us

Special Needs

Dietary

Mobility

Insurance Co

Policy No.

Signature

Payable on booking:

- a) Deposit 25%
- b) If within 10 weeks, full payment
- c) Flight payment

How to pay

By cheque – cheques should be made payable to Accomplishing Wellness Ltd or by bank transfer to Accomplishing Wellness Ltd – Barclays Bank Account Number 20-70-93 60023388

Declaration

The information given on this booking form is correct to the best of my knowledge. I have read and understood the booking conditions and information detailed in the brochure and accepts them. I accept the prices quoted. I am over 18 years old.

Signature

Name (in Block capitals)

Date



BOOKING FORM

Send to: Dawn Hillier
Accomplishing Wellness Ltd
21 Holy Tree Gardens
Rayleigh
Essex
SS6 7BE



TERMS & CONDITIONS

When you book with Accomplishing Wellness you agree to the terms and conditions stated here. Please ensure that you read them. They can also be found on our website.

1. Definitions and interpretations

In these booking conditions (the Company) shall mean Accomplishing Wellness Ltd. Whose registered office is 162/164 High Street Rayleigh, Essex and where the context permits shall include its agents and employees.

The Client shall mean the person in whose name the booking is made and shall include the person or persons on whose behalf the same is made. The Travel Agent appointed by Accomplishing Wellness Italian Experience is a fully bonded member of ABTA (the Association of British Travel Agents) and have an air travel organisers licence (ATOL 3307) issued by the Civil Aviation Authority which allows them to provide travel arrangements on our behalf. All monies paid for travel arrangements are protected by their ATOL or ABTA bond.

2. Booking and deposit

No contract is made between the Company and the Client and no booking is valid (and accordingly the Company shall have no obligations to the Client) until the Company has issued a confirmation invoice. This will be issued by the Company (if it accepts the Client's Booking) after it has received a completed and signed booking form, together with the appropriate deposit and copy of appropriate travel insurance documentation. The deposit shall only be refundable in accordance with booking conditions number 5 or 6. The Company has the right to refuse to accept any bookings at the Company's discretion, returning any deposit received.

3. Terms of Payment

Full balance of the Experience Break must be paid by the due date shown on the confirmation invoice (either 10 weeks prior to departure or by return within this period). The Company reserves the right to treat the booking as cancelled if any part of the balance remains unpaid by the due date. If cancelled the cancellation terms as per booking condition number 8 will apply.

4. Prices

We reserve the right to increase our prices at any time prior to booking

5. Alterations by the Company

i) The experience has been planned months in advance but occasionally amendments become inevitable. In the majority of cases changes would be considered by the Company to be minor, in which case, the Company shall have absolute discretion as to whether the Client is or is not notified

ii) if the Company considers a major change become necessary, the Company will inform the Client as soon as is reasonably possible if there is time before departure. If we alter a Client's booking in any way which amounts to a major change or if we have to cancel the original booking within 56 days of departure the Client has a choice of (a) accepting the changed arrangements as notified (b) purchasing an alternative experience or (c) cancelling the booking. If the Client accepts the alternative (a) or (b) above the company will pay compensation on the scale shown below. If the Client accepts alternative (c) the company will refund all the monies paid and in addition will pay the compensation on the scale shown below.

Period before scheduled departure within which major change is notified	Compensation per passenger excluding infants
More than 56 days	Nil
29-55 days	£10
14-28 days	£20
0-13 days	£30

The above sets out the maximum extent of our liability under this clause.

Compensation will not be payable if we are forced to cancel, and in any way change your Experience due to circumstances which can be described as a force majeure, flight delays are not considered to be alterations by the company. Providing the Company complies with the terms on this Booking condition, the company will not be liable for any breach of contract or claim that may arise from any inconvenience suffered.

6. Cancellation by the Company

The Company shall have the right to cancel a Client's holiday but only in the following circumstances and on the following terms:-

- a) At any time owing to a force majeure, in which case the Company shall offer if available, either alternative experience breaks of a similar standard or refund all monies paid by the client in respect of the company's confirmation invoice within 14 days.
- b) At the due date if the Client has failed to pay the full balance of the holiday price in accordance with Booking Condition No 3, in which case cancellation charges at per Booking condition No 8 will apply.
- c) At any time, should the Company do decide, in which case the Company shall make the offer or refund as mentioned in paragraph (a) above, but should this be within 8 weeks before the date of departure, compensation will be paid in accordance with the sale shown in Booking Condition No 5. Provided that the Company complies with the Booking Condition, the Company will not be liable for any breach of contract or claim that may arise as a result of inconvenience caused.

7. Alteration by the Client

- a) Once your booking has been confirmed any changes to accommodation, flight, dates or names on the booking form requested by the Client will incur a cost of a £30 amendment fee per person in respect of such change to cover administrative costs. Changes cannot be made within 42 days of departure and any such changes will be subject to cancellation charges set out in clause 8.
- b) If a Client chooses to change their booking by transferring to another person, the Company will arrange for such a transfer, provided that:
 - i) The reason for the transfer of the booking is that the Client is prevented from travelling. In this event the Client will need to provide documentary proof (Doctor's Certificate) of the reason before the company can authorise the transfer.
 - ii) The Client of the transferee pays any balance due before the transfer is authorised by us
 - iii) The request for transfer is sent to us in writing 28 days before departure date together with full details of the transferee, documentary proof (as outlined) in (i) above and a payment fee of £50 per person to cover out administrative costs plus any suppliers charges imposed by virtue of the transfer.

c) If a Client chooses to modify arrangements after commencement of the experience, change of flight, they will be deemed to be breaking their contract with the Company.

The Company cannot therefore accept liability for any loss, damage to additional damage or additional expenses and no refunds for unutilised services or arrangements will be made.

8. Cancellation by the Client.

All cancellations by the Client must be in writing from the person who signed the booking form, either by recorded delivery or email. Cancellation applies only the date of receipts by the Company or cancellation notification. If the cancellation notification is received 43 days or more before the departure date, only the deposit is forfeit (plus any cost incurred by us for non-refundable or non-chargeable travel reservations). Within this period the following percentage of the total experience price will be payable as a cancellation charge by the Client.

Between 42 – 28 days before departure	60%
Between 27 – 15 days before departure	80%
Between 14 and the departure date	100%

The above cancellation charges represent the best possible estimate by the Company of the likely losses as a result of your cancellation. They shall also apply to experiences which are foreshortened after they have been booked. In the event of a cancellation charge arising under this clause the amount due must be paid by the Client to the Company within 7 days of the charge arising notwithstanding the fact that the Client's insurance policy may cover the cancellation charter. It is the client's responsibility to claim any insurance monies due as the Company cannot claim on behalf of the Client.

9. Abandonment

If you choose, in the course of your experience, to abandon the arrangement made by us on your behalf and instead to make your own arrangements, unless the Company is at fault and has been afforded the opportunity to rectify the situation (see 14b), the Company accepts no liability and no refunds will be made for the services you choose not to take.

10. Liability of the Company.

The Company accepts responsibility to ensure the experience which the Client books with us is supplied as described in our brochure and the services offered reach a reasonable standard. If any part is not provided as contracted, we will pay the appropriate compensation if this has affected the enjoyment of the experience, unless there has been no fault on our part or that of our suppliers. However, please bear in mind that local standards will not be the same as in the UK and it is not always within our control to impose such standards. We do not accept liability for any disappointment which the client may feel as a result of unrealistic expectations.

We do limit the level of liability to a refund of twice the cost of an experience.

a) The Company is only liable for death, bodily injury or illness arising as a direct result of the negligent acts or omission of its employees, agent, subcontractors and suppliers acting in the course of their employment and on Company business.

b) Any claims made must be notified to the Company within 28 days of return from the experience and shall be subject to English Law. The Client must assign to the Company all rights against any party to the claim and must give the Company and its insurers full assistance in claiming against such party.

c) The Company shall not be liable for any noise, nuisance or disturbance from outside of the property used by the Company. The Company will make every effort to minimise such noise or disturbance.

d) In respect of carriage by air, sea and rail the provision of accommodation, our liability in all cases will be limited in accordance with the relevant carrier's conditions of carriage and in the manner provided by the relevant international conventions.

e) If the Client suffers death, illness or injury whilst engaging in activities which does not form part of the experience, the Company will provide support as appropriate but is not liable for such actions taken by the third party. The Company's cost in respect of acting on behalf of the client in such instances will not exceed £5000 in total

11. Insurance

The Company reserves the right to refuse bookings from Clients who are not adequately insured against risk of travelling abroad.

12. Airlines

The Company uses established travel agents to organising airline bookings and make appropriate travel arrangements for our clients.

13. Photographs

These are only intended to give an overall impression rather than details of a specific venue. The Company is not liable for any items of furniture or chattels which appear in any photographs, which may have been changed or removed from accommodations when photographs were taken.

14. Disputes

Any concerns that client's have whilst on their experience must be reported by the Client to the experience team within 48 hours of the complaint arising. If the Client fails to follow this approach we have been deprived of the opportunity to investigate and rectify any complaint whilst client were on their experience with us and this will affect the Client's rights under this contract.

Any complaint which cannot be satisfactorily resolved whilst on the experience must be reported in writing to the Company's registered office within 28 days of the Client's return from the experience break. Upon receipt of a Client's letter, the Company will acknowledge it, investigate the points raised and reply with 28 working days. If this is not possible, we will send an interim response.

This contract shall be governed in all aspects by the Laws of England and both parties shall submit to the jurisdiction of English courts at all times (save by Arbitration).

We reserve the right in our absolute discretion to curtail or terminate your experience, if your behaviour is likely, in our opinion or that of our suppliers to cause distress, damage, annoyance and danger to our employees or to any third party or their property. If you are prevented travelling or have to return home early for this reason, we have not further responsibility for your experience break, including any arrangements for return home. We will impose full cancellation charges and will not give any refunds. Furthermore, we will be under no obligation whatsoever to pay you compensation or cover any costs which you may incur as a result of having to make alternative arrangements.

15. General

The facilities described in our brochure and on our website are shown in good faith as generally being available at the time of publication. Should local prices vary or facilities change slightly, the Company cannot accept responsibility.



For more details of the Borgo San Biagio
visit our website
www.accomplishingwellness.co.uk