

Maya – Séjours Jeûne & Detox



That's how you book your stay

Please fill out this document, send it to us (Email or Mail),
and pay the amount on the bank account detailed on page 3.

As soon as we receive both, you will be sent the booking confirmation.

YOUR INFORMATION

Name, First name: _____

Address, postal code, city, country: _____

Phone: _____

Email: _____

DATES FASTING RETREAT 6 NIGHTS from Sunday _____ to Saturday _____

ACCOMODATIONS AND PRICES (CHF)

Solo:

Room Eco (12m2, single bed), shared WC/shower ☐ 1250.-/pers.

Room Deluxe (21m2, king size bed), private WC/shower ☐ 1850.-/pers.

Two persons:

Room Eco (12m2, king size bed), shared WC/shower ☐ 950.-/pers.

Room Deluxe (21m2, king size bed), private WC/shower ☐ 1250.-/pers.

Included:

- Accommodation
- Professional coaching
- Group activities every morning (hikes, yoga, archery, etc.)
- Workshops every evening (nutrition, cooking, etc.)
- Access to the Scandinavian Sauna and wood-fired Hot Tub in the afternoons
- Fasting drinks
- First meal
- Advices for preparing before fasting and food recovery

Excluded:

- Tourist tax
- Consultations and massages
-

Maya – Séjours Jeûne & Detox



IMPORTANT INFORMATION

Fasting retreats at the Maya Boutique Hotel & Spa are only for adults, in good health.

Fasting does not replace the recommendations and prescriptions of your doctor.

If you do not feel well during the stay, it is your responsibility to inform a supervisor so that we can help you. You are free and responsible for interrupting the fast at any time.

HEALTH QUESTIONNAIRE

Please indicate if you have any of the following contraindications:

<input type="checkbox"/> Yes	<input type="checkbox"/> No	Pregnancy
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Breastfeeding
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heavy medication
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Epilepsy
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hyperthyroidism
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Ulcers (stomach or duodenum)
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Type 1 diabetes
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Tuberculosis
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Thrombophlebitis
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hepatic or renal failure
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Organ transplantation
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Pacemaker
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Excessive low weight
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Anorexia and other eating disorders
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heavy addictions
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Arteriosclerosis
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Degenerative diseases (multiple sclerosis, Alzheimer's, etc.)
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Generalized cancer
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Severe psychoses

If you are subject to any of the above contraindications, you are not allowed to participate to our fasting retreats. In case of doubt, seek the advice of your doctor.

Maya – Séjours Jeûne & Detox



CONDITIONS

Reservation and payment conditions :

The total price of the fasting retreat is due at reservation on the following bank account :

Maya Guesthouse Sarl, Banque Cantonale du Valais, CH59 0076 5001 0169 0700 8

Thank you for informing us when the payment has been processed, so we can confirm your reservation.

City tax, consultations and massages will be paid on site.

In case of a cancellation made by the participant:

- For cancellation made more than 30 days before arrival, the cancellation fee is CHF 200.- per person.
- For a cancellation made less than 30 days before arrival, the cancellation fees amount to 50% of the amount of the stay.
- For a cancellation made less than 15 days before arrival or for a shortened stay, the cancellation fees are 100% of the amount of the stay.

Cancellation fees are deducted directly from the prepayment of the stay. The difference is reimbursed by bank transfer.

In order to avoid inconveniences, we strongly advise you to subscribe to a cancellation insurance.

In case of a cancellation made by the organizer:

A stay can be cancelled for lack of participants. In this case, your stay is fully reimbursed (by bank transfer).

If a participant is subject to health problems during the stay, this person's stay may be interrupted, at the discretion of the organizers and supervisors. In this case, the stay is not reimbursed.

If a participant behaves inappropriately, that person's stay may be interrupted, at the discretion of the organizers and supervisors. In this case, the stay is not reimbursed.

In case of a cancellation of consultations and massages:

Consultations and massages cancelled less than 24 hours prior to appointment will be charged.

Check in: Sunday 17h - 18h - Check out: Saturday 11h

An identification document or passport will be requested upon arrival for check in formalities.

Pets:

Small dogs (up to 10kg) are welcome in the Deluxe rooms upon request. A supplement of 10.-/day will be applied.

I have read and I accept the above conditions.

I declare being adult, in good health and not subject to any of the above contraindications.

I discharge the company Maya Guesthouse Sarl, all stakeholders and supervisors of legal responsibilities. I take full responsibility for my actions, decisions, and personal and group activities during the stay.

Location, date _____

Name, First name _____ Signature _____