



NIA WEEKEND

... just for you!

from 27th - 29th September 2024

Feel welcome!

Choose a few wonderful days for yourself. The time is now. With passion we put together a feel-good program you can treat yourself and your body with. Move and let yourself be moved with Nia, the Joy of Movement!

Our carefully assembled and extended Nia sessions will inspire you, will get you going and let your uniqueness shine. A multi mix from vitamin D-dynamics to vitamin B-beauty is guaranteed to work! Allow yourself to dive into your own stillness and in a cozy get-together. You also have the opportunity to enjoy being outside in nature.

The Hotel Stelserhof is situated in a charming sunny location at 1280m above sea level with an inviting view of the mountain peaks of northern Grisons.

The rooms are beautiful, airy and homely and radiate a warm atmosphere. The hosts Carmen & Rudolf Florian and their team will welcome and spoil us with nice vegetarian meals.

NIA Weekend ... just for you!

Sincerely, Anne-Marie and Eveline



Anne-Marie Goes Gschwend
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Eveline Cornacchia
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your well-being programm

Friday, September 27th, 2024

from 15.30 individual arrival
16.00 - 17.00 welcome
17.00 - 18.30 Stepping in with Nia
19.00 dinner together / chill out

Sunday, September 29th, 2024

08.00 - 09.30 Nia special
10.00 Check-out
10.00 - 12.00 brunch together
12.00 Stepping out

Saturday, September 28th, 2024

08.30 - 10.00 Nia special
10.00 - 12.00 brunch together
12.00 - 16.30 time for yourself or hiking
15.30 - 16.00 fresh juice & cake
16.30 - 18.00 Nia special
19.00 dinner together / chill out

costs / registration deadlines

Nia wellbeing package

CHF 250 early bird, registration until 31.03.2024

CHF 275 regular, registration until 17.08.2024

CHF 295 short-term

-->> Secure your happy NIA-place until August 17th, 2024

Registration is also possible later, subject to availability.

The binding registration takes place with the transfer of the fee to us. Your amount is payable

- by TWINT to Eveline Cornacchia to +41 76 569 03 08 or
- by bank transfer or PayPal to Eveline Cornacchia - bank details on request

Choice of room

per person and per night, incl. 3/4 board

- single room with shower/toilet CHF 177.00
- double room with shower/toilet CHF 157.00
- single room with sink only CHF 154.00 (common shower/toilet on the floor)
- double room with sink only CHF 134.00 (common shower/toilet on the floor)

Included in the 3/4 board: Rich brunch / cake, fresh juice, fruits, herbal tea / vegetarian 3-course menu.

IMPORTANT: The rooms and the food have to be booked directly at the Stelserhof [www.stelserhof.ch](https://stelserhof.ch). Please fill in the form here: <https://stelserhof.ch/zimmerreservation/>

If you have problems with this form (it is in german), please send an e-mail to: mail@stelserhof.ch

BWhen booking your room, please let the Stelserhof know if you would like a special diet in addition to the vegetarian meal: vegan, gluten-free or lactose-free (per day/person for CHF 3.50 surcharge). To be announced at the latest 2 weeks before arrival). All prices incl. VAT, excl. visitor's tax (CHF 3.00 per night/person).

Room occupancy on the day of arrival is guaranteed from 15.30h. If you arrive earlier, you can leave your luggage in the luggage room. Check-out on the day of departure is until 10.00am, later check-out is possible depending on the booking status.

Reservation

This is binding for the Nia wellness package and secures your place. The weekend will definitely be held (status as per March 2024).

Cancellation fees Nia Wellbeing Package (if the Nia Weekend is held).

If the participant cancels after August 17th, 2024, the following fees will apply:

- up to 20 days before arrival 18.08. - 07.09.2024 50 % of the booked services will be charged.
- from 08.09.2024 of the booked services will be charged.

Cancellation room reservation

The reservation at the Stelserhof is binding and the conditions of the hotel apply. In case of cancellation the following fees will be charged (for details see general terms and conditions at

- From 10 - 6 days before arrival 50 % of the booked service
- From 5 days until start before arrival 100 % of the booked service

Of course, a substitute person can be provided.

If the weekend is left prematurely, there is no right of refund.

Cancellation of the weekend by the course leaders

If the course is jeopardized or rendered impossible due to illness or accident of the course leaders, force majeure, weather and natural conditions, official measures, strike or safety risks, the course leader may cancel the course or terminate it prematurely. The price paid will be refunded less any expenses already incurred by the course leaders.

Attendance / Insurance

No refund in case of no-show.

All insurances (accident, liability, travel) are the responsibility of the participants. We recommend a cancellation insurance (see also terms and conditions on homepage <https://stelserhof.ch/agb/>).

For whom is this Nia Weekend suitable?

For everyone who enjoys movement and wonderful music, who is curious and feels well. Age, fitness level, etc. do not matter. Movements can be customized. Find your own form and freedom in your personal dance.

Arrival

A narrow mountain road leads to Stels (with detours), free parking is available on site. The Stelserhof is also very easy to reach from Schiers by bus (Postauto). Details about the journey see here <https://stelserhof.ch/kontakt/>

To take along

Your curiosity - and joy of movement! Nia is danced barefoot, or otherwise stopper socks are quite practical. For dressing, feel-good clothes such as leggings, comfortable pants, T-shirt or top are suitable, plus a sweater or jacket for the quiet moments on the floor. Mats, pillows and blankets are available on site if needed.

Time in-between

Create your own oasis of well-being. Together or for yourself personally.

Saturday afternoon is free for you to explore the surroundings, spend some time in the garden, read etc.

You can also choose to go on a hike tour.

Anne-Marie Goes Gschwend

Practicing Nia is a life elixir for me and a real enrichment for my personality and attitude towards life.

I love to pass on the technique, the joy of movement and the wonderful energy of Nia in my classes, at teamteachings and special events like this weekend.

I am a certified Nia Brownbelt and Moving to Heal Teacher and have completed various additional trainings.



Eveline Cornacchia

Since many years, dancing Nia is my passion. In 2018, I started to teach Nia and I love to spread the joy of movement.

I organize special events like "Nia & Meditation" or a "Notte Italiana" and participate in team-teaching-events. Nia gives me energy, inner balance and a good body feeling.

I am a certified NIA Brownbelt Teacher with further trainings in 5 stages, 52 moves, Freedance, Moving to heal.

We are looking forward to you!



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REGISTRATION

- I hereby bindingly register for the Nia wellness package and accept the mentioned cancellation conditions.
- I will make the room reservation myself directly at the Stelserhof.

Name / First Name

Date of birth

Address

Mobile phone

E-Mail

Remarks or any restrictions/illnesses

Date / signature

IMPORTANT: Please give this registration form to Anne-Marie Goes Gschwend or Eveline Cornacchia, personally or by e-mail. Thank you very much.