

## GENERAL TERMS AND CONDITIONS

HOLISTIC SAILING RETREATS | WELLNESS SAILING TRIPS | BUSINESS RETREATS  
2025 update

### What's Included:

- onboard accommodation
  - all onboard served meals and beverages
  - use of snorkel gear\*
  - use of SUP-board\*
  - towels and bed linen
- \* check if available on specific boat choice.

Furthermore:

- nautical safety equipment and gear onboard
- A mandatory Safety Briefing for all retreat participants and crew by the captain of the yacht BEFORE we depart from the docks.

### What's Excluded

- flights, ferry, taxi and other possible travel costs to and from the yacht location
- any extra accommodation required on shore before, after and during the retreat
- travel and medical insurances
- any meals, snacks, drinks, etc. you purchase onshore
- onshore shopping
- additional wellness services
- Your sunny's and lotion!

### Place, date & time

- EMBARK at the communicated time and place.
- DISEMBARK at the communicated time and place.

**It is important that you arrive on time** or risk the yacht leaving without you. In the case you are delayed you will have to make your way to the yacht independently where she then is. Costs to get to the yacht once we have left is at your own expense.

### Safety on the Sailing Vessel:

All retreat participants will receive a mandatory safety briefing before the vessel departs from the docks. This entails what to do in emergency situations, where to find safety equipment, etc.

In all cases of handling the vessel whether it be in emergency or normal sailing situations all guests/participants/passengers are to obey the rules as set and given by the captain of the specific vessel that they are on and/or participating the retreat on.

For any dinghy ride the same rules apply.

LIFEASEA© captain(s) and all crew members are NOT responsible for guests/participants/passengers on the sailing vessels that do not follow the captain's command or refuse to act according to instructions given by the captain(s) of the vessels.

Under no circumstance will captain or any crew members, be held responsible for any accidents that result in any short or lasting physical or mental damage, injuries, or even death, in regard to the time staying on the vessel -while moving or not moving-, or during any possible visit to the shores or during the dinghy transportation to and from the vessel and the shore, at any time.

The captain of the vessel is undoubtedly the highest ranked and in charge of safety of the vessel, crew and passengers. According to maritime law, we, as professional sailors, are in charge of the vessel regarding safety of the vessel and all human life aboard or around the vessel; that means that of the passengers/participants/guests and our own, as well as that of other vessels and their passengers/participants/guests.

Disregarding instructions from your captain could result in endangering yourself and other's safety. You will be held personally responsible and accountable in the case of a severe emergency possibly leading to death or lasting injuries to the captain, crew or other participants or passengers aboard the vessels. In such cases, any or all included as consequences of irresponsible behaviour, you can be prosecuted in full extent of the law.

### **Liability Waiver**

Any participant or guest on board the vessel that deliberately or accidentally causes damage to the vessel will be held financially accountable when found responsible; Guests are to sign a liability waiver once on board the vessel and before departure.

You will receive a copy of the liability waiver before you pay the booking reservation of your retreat. On request this waiver can be sent to you before you decide to participate.

**We recommend a full package of travel and liability insurance including dangerous sports clause in its policy.**

### **Disembarking before completion of the retreat:**

LIFEASEA **reserves the right to discharge** any retreat participant that becomes an obstruction or liability to the safety of other retreat participants and the crew on board the vessels.

**This includes insubordinate or irresponsible or disrespectful behavior**, but also unforeseen circumstances, i.e. physical or mental emergency, sea-sickness, disease, any form of discomfort experienced on board or during shore visits during the retreat by the retreat participant.

**Any participant who becomes an obstruction (in any form or meaning of the word) to the success of the exclusive sailing retreat**, or to the captain/coach/facilitators/crew/chef/assistants or other persons related to the sailing retreat, including any of the other participants on board or on shore will be discharged from participation on board the vessel. In other words, participation will be terminated.

**If any circumstance leads to a retreat participant themselves desiring to abort the retreat and itinerary** for any reason they feel justified before the retreat has reached its end, she/he/they are free to do so at her/his/their own responsibility and expenses.

**In such a case, the departing retreat participant will be dropped off at the closest shore (not per sé the closest port) to whereabouts of the vessel.** Meaning, subject person and belongings will be escorted to the closest shore within reach by dinghy from drifting or anchored vessel or if possible by docking the vessel. Note, one will **NOT** be brought back to the marina; we do not intend to interrupt the high-end service for other participating customers on board.

LIFEASEA - Sail into Consciousness shall not be liable for any compensatory, consequential, punitive or other damages or expenses (including travel and hotel) of ANY kind occasioned by the retreat participant as a result of

- mechanical failure of the yacht,
- or by commanded, requested or desired disembarkation of the vessel before the retreat end point and/or full duration has been achieved.

**Note: in case of forced termination of participation of the sailing retreat there will be NO REFUNDS.**

### **SWIMMING Level of Competence:**

A sailing journey is never without danger and is considered a 'dangerous sport'. Even though we are expected to be cruising in reasonable calm weather and calm sea circumstances, there is always the chance of being surprised by changes in weather conditions; You are in safe hands with professional captain and crew. We will return to safe conditions as soon as possible if such circumstances should arise, or keep the vessel in the most safe circumstance until danger has passed.

Yet, besides the fore mentioned emphasis on following instructions given to you by the vessel's captain and crew in case of an emergency or pressing situation, it is important for us to know that you can swim with the minimum level of competence that you can keep yourself afloat with ease for considerable time. LET US KNOW if you cannot swim at all.

On board we have life safety jackets that are immediately available in case of an emergency. Yet it is for your protection and that of the other guests, as well as crew and captain, that in case of an unintentional "man over board" situation the participant can keep him/herself afloat without a life jacket, until he/she does have a life jacket or floatation ring thrown to him/her from the vessel.

As you will not be wearing life jackets during the normal circumstances of the sailing retreat, we emphasize on swimming capability in cases of emergency.

**The itinerary:**

The itinerary of this sailing retreat is not fixed and highly depends on weather, in particular the wind conditions, concerning the possible sailing direction (heading). Even though use of the vessels engine(s) is possible in the unfortunate occasions the wind is insufficient to propel the boat to speed, it is our policy to make as little use of the engines as possible, by doing so saving the environment and preserving the peaceful silence for people and animal life around us. Guests have no say in the itinerary unless the captain involves them in the choices to be made.

We will sail in various regions of the world, sometimes crossing borders between countries depending the character of the retreat. Retreat participants are advised to secure and arrange for appropriate **visa** regarding the area they book their trip to.

For details on travel planning to and from your retreat location, you'll receive details and suggestions after signing up for the sailing retreats or wellness trips.

**Animal Pets: *the answer is no..***

Unless you have a parrot that won't disturb our mascot, Rico the dachshund, **you can not bring any pet with you to a sailing retreat**, whether 24/7 onboard or a combi land & Sea retreat, whether small or big.

**Thank you for joining us on this journey.  
We appreciate your cooperation & understanding  
and look forward to hosting your unforgettable experience!**

**Contact us if you have any questions before you book your spot for the sailing retreat.**

Capitana Mika  
LIFEASEA©  
Exclusive Sailing Retreats since 2014  
~ Moving You Beyond ~

LIFEASEA LIMITED  
Office No. 1809 - 1812 | Bayswater Bay By Omniyat | Business Bay | Dubai  
P.O.Box 309071 | United Arab Emirates