

"YOGA AND REGENERATION"

JOURNEYS TO THE GARDEN OF YOUR HEART

PROGRAM MAY JUNE 2025



¡Buenos días!

Soliderrance SAS thanks you for choosing us to plan your sustainable and regenerative travel, tailored and designed according to your expectations.

Following the information you provided to us, please find in this document:

1. The genesis and concept of Soliderrance
2. The detailed description(s) of your trip(s) or stay(s)
3. The quotation(s)
4. The reservation conditions
5. The Soliderrance travelers' chart
6. Pre-contractual information and other terms

We hope to meet your expectations and are anxious to take you on this journey.

Adrien, Soliderrance

Soliderrance... a family history

My father, passionate about Africa, fulfills his dream in 2017 by creating Soliderrance. This association brings travelers into the heart of Senegal and contributes to the development of the village they visit, Kamiak. The goal: to create immersive travel experiences for travelers who help the village's development by funding trees and seeds planting.



As for me, after 13 years of commercial management in the sports industry (including 9 years at adidas in France and Colombia) and driven by a need for coherence, I resign in 2019 to pursue another dream: backpacking through Latin America. A 14-days lockdown in March 2020 in a small village in Patagonia is the final turning point!

Given the family legacy, I decide in December 2020 to give new momentum to my father's initiative. Soliderrance SAS is finally born in October 2021.



I thus transform my passion for travel into a professional activity aligned with my personal values. Soliderrance will serve as a means to create opportunities for exchange, sharing, and discovery. The aim: to show, during one stay, that a way of life which preserves and regenerates territories is possible. The intention: to plant a small seed in curious travelers seeking meaning, inspiring them to pursue a sustainable and peaceful life.

Soliderrance are...

Sustainable and regenerative **journeys**, authentic and conscious.



The traveler **generates** additional income for their hosts, who do not make of tourism their main activity.



The traveler **participates** in the lifestyle of their hosts, which is based on the permanency (rather than the extinction or degradation) of their territory, surroundings, and future generations.



The traveler **involves her/himself** in the hosts' project by sharing their way of life. A stay centered on sharing ensures a positive impact for both the hosts and the travelers.



The traveler **mitigates** the carbon footprint of the transatlantic flight through an amount included in the ticket, which is redistributed to an association that creates a food forest.

*for the purchase of a tour lasting more than 10 days in a row

With authentic and conscious **hosts**.

1.
Tourism is not their
main activity

2.
Their life environment
respects the Earth and its
living beings



3.
They have the will and
capability to share with
travelers their way of living
and knowledge.

4.
Their infrastructures ensure
comfort, compliance to the
actual health regulations
and they create well-being.



Lived by authentic and conscious **travelers**.



1.
REASONABLE

2.
CONSCIOUS

3.
CURIOUS

4.
ENGAGED

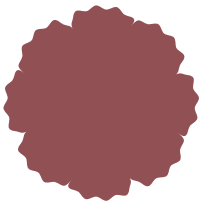


Soliderrance is...

The promise to propose you a journey which is:

solidarity regenerative immersive

To guarantee utmost transparency with you, the families who will receive you are selected based on the following criteria:



Solidarity

- part of the touristic activity in their global economy; circularity of their resources
- legal entity (commercial company, association, any...)
- social inclusion, local communities employment



Regenerative

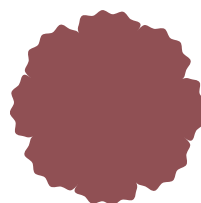
- for the territory visited: conservation and reforestation activity
- for the traveler: impacting experience and well-being



Immersive

- exchange and share with the family
- exclusive experience with the family
- isolation in Nature

Each family is assessed based on the 3 criteria and rated from 1 to 5 stars.



Solidaire



JOURNEY TO THE GARDEN OF YOUR HEART

5 EXPERIENCES OF 5 DAYS



Yoga and Ancestral Heritage

at Camilo and Juliana's, Colon, Putumayo
from Monday 5th to Friday 9th of May 2025

Yoga and Permaculture

at Darien and Liumara's, San Rafael, Antioquia
from Monday 12th to Friday 16th of May 2025



Yoga and conscious Cooking

at Carmen and Leo's, Rincon del Mar, Sucre
from monday 19th to friday 23th of May 2025

Yoga and mangrove Reforestation

at Margarita and Ever's, Isla Grande, Bolivar
from Monday 26th to Friday 30th of May 2025



Yoga and cacao Ceremony

at Federico and Tatiana's, Minca, Magdalena
from Monday 2nd to Friday 6th of June 2025

You will be guided by Daniela, a Colombian Yoga teacher.



Yoga Teacher
Certified by Yoga Alliance | Institut
Green Yoga MX

Hello! I'm Dani and I will be guiding you during this immersive retreat.

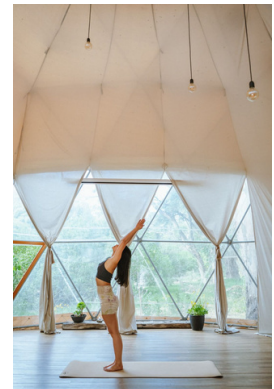
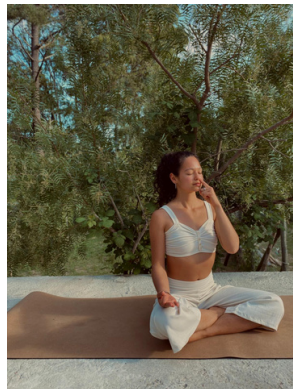
To me, sharing the teachings of yoga and the tools acquired throughout my life journey is a true passion. Rather than simply teaching postures, my goal is to lead each of you to an exciting adventure towards connecting with yourselves, awakening a deep awareness both internally and externally.

My goal is to create sensory experiences that allow each participant to flourish, find joy and, above all, reconnect with the simple pleasures of life. In each session, my commitment is to provide support, love and create an atmosphere of total acceptance. "I firmly believe in the magic that happens when body and mind intertwine in perfect harmony."

With each retreat, workshop or class, my goal goes beyond simply guiding a practice. I try to teach how to use each tool we explore, so that it is easy to integrate them into everyday life.

This practice, in my experience, has a more significant impact on the process lived during and after retirement.

During each class, we will work step by step on awareness of our body, mind and emotions during our meditations.



The classes are divided into sessions of:

- Active and Passive Breathing: we will understand their functioning, sequences and how to apply them in our daily life.
- Yoga Postures: thank to the small size of the group, each practice will be personalized according to the needs of the day, following a body detox rhythm to prepare those who choose ancestral medicine.
- Meditation practices: we will explore different types of meditation, including passive, active and visualization, among others.
- Relaxation practices (Aromatherapy): they include therapeutic eye pillows and diffusion of essential oils, allowing one to achieve deep states of relaxation during the Savasana posture, practicing yoga Nidra.

From Monday 5th to Friday 9th of May 2025

YOGA AND ANCESTRAL HERITAGE

AT CAMILO AND JULIANA'S

Colon, Putumayo



Camilo and Juliana welcome you to their living space: the Alto Putumayo Botanical Garden, in the middle of the Dantakunapa Natural Reserve, one of the 6 protected areas preserved and regenerated by their foundation.

They offer a unique experience to Be, Serve, Live and Enjoy in communion with this magical territory. Soliderrance invites you to a program of physical, mental and spiritual regeneration by the experimentation of conservation and education activities coherent with the vision of Living Well.






Accommodation and Food

You will be lodged in wooden cabins facing nature as a plasma screen.

Full board: 3 vegetarian meals per day (including a non-alcoholic drink).



Schedule of your stay

	<u>Morning</u>	<u>Afternoon</u>
 Day 1	Pasto => Colon	Installation and Yoga 1
 Day 2	Yoga 2	Cooking class
 Day 3	Yoga 3	Walk and reforestation
 Day 4	Yoga 4	Thermal water mud bath
 Day 5	Free	Colon => Pasto

The above list of activities is for general information only, as it may change based on the season and different obligations of your hosts



Rates:

(basic group of 6 participants)

 **3.950.00 \$cop** x person resident in Colombia

 **970 €** x person not resident in Colombia

Included

- Full board from breakfast on day 1 to lunch on day 5
- 4 nights in wooden cabin for 2 people with private bathroom
- Transport round trip from Colon to Pasto
- Activities mentioned (subject to change)
- Yoga teacher and interpreter guide

Not included

- Transports to and from Pasto
- Alcoholic drinks and any other purchase out of full board
- Supplementary activities to the ones mentioned on the program details
- Insurance (recommended)
- Tips
- Ancestral medicine activity which will be performed under the responsibility of the traveler and not of Soliderrance



From Monday 12th to Friday 16th of May 2025

YOGA AND PERMACULTURE

AT DARIEN Y LIUMARA'S

San Rafael, Antioquia



During your stay, fully connected with nature, **Darien and Liumara** invite you to deconstruct and rebuild.

You will join them in a collective reforestation project in this valley near Medellin.

You will immerse yourself along the El Arenal River and reach this little paradise after about a 30-minute walk through the lush forest.






Accommodation and Food

You will stay in cabins designed by Liumara, a professional architect. They are intimate, perfect for a good rest and introspection.

Full board: 4 nights in a cabin for 2 or 4 people and 3 meals per day (including one non-alcoholic drink).



Schedule of your stay

	<u>Morning</u>	<u>Afternoon</u>
 Day 1	Medellin => San Rafael	Installation and Yoga 1
 Day 2	Yoga 2	Sensory Walk
 Day 3	Yoga 3	Eco-construction
 Day 4	Yoga 4	Agroecology
 Day 5	Free	San Rafael => Medellin

The above list of activities is for general information only, as it may change based on the season and different obligations of your hosts



Rates:

(basic group of 8 participants)



3.950.00 \$cop x person resident in Colombia



970 € x person not resident in Colombia

Included

- Full board from breakfast on day 1 to lunch on day 5
- 4 nights in wooden cabin for 2 or 4 people with private bathroom
- Transport round trip from Medellin to San Rafael
- Activities mentioned (subject to change)
- Yoga teacher and interpreter guide
- Fire ritual and Inipi

Not Included

- Transports to and from Medellin
- Alcoholic drinks and any other purchase out of full board.
- Supplementary activities to the ones mentioned on the program details.
- Insurance (recommended).
- Tips.
- The Inipi will be performed under the responsibility of the traveler and not of Soliderrance.



From Monday 19th to Friday 23rd of May 2025

YOGA AND CONSCIOUS COOKING

AT CARMEN AND LEO'S

Rincon Del Mar, Sucre



A lovely family that settled in Rincón del Mar nearly 10 years ago. A wild surprise from Leo to Carmen led them to reforest 4,000 square meters of barren land and lay the first foundations of their little haven of peace. Their daughters arrived soon after: a place where living beings are born and reborn!

In this dry and tropical environment, and through everything Carmen and Leo have to share, you will discover and experience a life in harmony with nature and the local community.






Accommodation and Food

You will stay in a small wooden cabin near the family. Here, composting toilets are used, and water is carefully optimized. You will enjoy healthy, locally sourced cuisine.

The cabin includes shared double and single beds. Shared toilet and bathroom facilities are available.



Schedule of your stay

	<u>Morning</u>	<u>Afternoon</u>
 Day 1	Cartagena => Rincon	Installation and Yoga 1
 Day 2	Yoga 2	Beach and cooking class
 Day 3	Yoga 3	Walk at Natural Reserve
 Day 4	Yoga 4	Beach and cooking class
 Day 5	Free	Rincon => Cartagena

The above list of activities is for general information only, as it may change based on the season and different obligations of your hosts



Rates:

(basic group of 8 participants)



3.500.00 \$cop x person resident in Colombia



850 € x person not resident in Colombia

Included

- Full board from breakfast on day 1 to lunch on day 5
- 4 nights in wooden cabin for 2 or 4 people with shared bathroom
- Transport round trip from Cartagena to Rincon del Mar
- Activities mentioned (subject to change)
- Yoga teacher and interpreter gui

Not Included

- Transports to and from Cartagena
- Alcoholic drinks and any other purchase out of full board.
- Supplementary activities to the ones mentioned on the program details.
- Insurance (recommended).
- Tips.



From Monday 26th to Friday 30th of May 2025

YOGA AND MANGROVE REFORESTATION

AT MARGARITA Y EVER'S

Rincon Del Mar, Sucre



«Yo soy porque nosotros somos», «I am because we are». This sentence captures the essential philosophy of this small piece of land you will reach after a one-hour boat ride from Cartagena.

Margarita and Ever welcome you to their home on Isla Grande, the main island of the Rosario Archipelago. Ever, of African descent, has spent his life fighting for the recognition of his culture. Margarita has specialized in developing rural communities.

Their programs across the archipelago focus on two key goals: preserving marine and terrestrial ecosystems, and promoting cultural and social recognition through education.



Accommodation and Food

You will stay in wooden cabins overlooking the turquoise blue sea. Caribbean dishes cooked with love will be served under the coconut trees!

Cabins accommodate 2, 3 or 4 people and toilets are private.



Schedule of your stay

	<u>Morning</u>	<u>Afternoon</u>
 Day 1	Cartagena => Isla Grande	Installation and Yoga 1
 Day 2	Yoga 2	Mangrove reforestation
 Day 3	Yoga 3	Snorkeling and local cuisine
 Day 4	Yoga 4	Mangrove reforestation
 Day 5	Free	Isla Grande => Cartagena

The above list of activities is for general information only, as it may change based on the season and different obligations of your hosts



Rates:

(basic group of 8 participants)



4.100.00 \$cop x person resident in Colombia



990 € x person not resident in Colombia

Included

- Full board from breakfast on day 1 to lunch on day 5
- 4 nights in wooden cabin for 2 or 4 people
- Transport round trip from Cartagena to Isla Grande
- Activities mentioned (subject to change)
- Yoga teacher and interpreter guide

Not Included

- Transports to and from Cartagena
- Alcoholic drinks and any other purchase out of full board.
- Supplementary activities to the ones mentioned on the program details.
- Insurance (recommended).
- Tips.



From Monday 2nd to Friday 6th of June 2025

YOGA AND CACAO CEREMONY

AT FEDERICO AND TATIANA'S

Minca, Magdalena



Féderico, Tatiana, and their entire family welcome you to their home in Minca. Their project began in 2013: acquiring 4 hectares of land in the Sierra Nevada to create a Natural Reserve, preserving, regenerating, and cataloging the rich surrounding flora and fauna. Out of their love for eco-construction and particularly the tadelakt (a typical North-African finishing technique) they built stunning cabins.

So... "Let us welcome, share, and pass on our passion for the environment and our knowledge of permaculture to our visitors", they said with their characteristic humbleness.

Accommodation and Food

You will stay in top-tier eco-construction accommodations. Comfort, breathtaking views, and beautiful decor, it's all there. The cuisine is local, sourced from the garden or nearby producers. It is absolutely delicious!

Dormitory for 6 people with shared bathroom.

1 cabin with a double bed and a single bed, with private toilet and bathroom.

1 cabin with a double bed on the first floor and a double bed on the ground floor, with private toilet and bathroom.



Schedule of your stay

	<u>Morning</u>	<u>Afternoon</u>
 Day 1	Santa Marta => Minca	Installation and Yoga 1
 Day 2	River and Yoga 2	Afro dance
 Day 3	Yoga 3	Cooking class
 Day 4	River and Yoga 4	Cacao Ceremony
Day 5	Free	Minca => Santa Marta

The above list of activities is for general information only, as it may change based on the season and different obligations of your hosts



Rates:

(basic group of 10 participants)



2.900.00 \$cop x person resident in Colombia (cabin)

2.400.00 \$cop x person resident in Colombia (dorm)



690 € x person not resident in Colombia (cabin)

590 € x person not resident in Colombia (dorm)

Included

- Half board: breakfast and dinner or lunch
- 4 nights in 6 beds dorm or cabins for 2 or 3 people with private bathroom
- Transport round trip from Santa Marta to Minca
- Activities mentioned (subject to change)
- Yoga teacher and interpreter guide

Not Included

- Transports to and from Santa Marta
- Alcoholic drinks and any other purchase out of full board.
- Supplementary activities to the ones mentioned on the program details.
- Insurance (recommended).
- Tips.



The traveler's chart

We, as travelers, choose to embark on a journey with Soliderrance to be part of a sustainable and regenerative trip.

Solidarity: we are aware that our presence contributes to the economic, social, and cultural development of the territories we visit and their inhabitants. Our contribution may take the form of participating in local activities and/or making a symbolic donation to the association or foundation hosting us (if applicable). If such a financial contribution is involved, it will have been specified and validated in the attached signed quote.

Moreover, we understand the importance of staying at least three days in the places we visit to encourage sharing, exchange, and an immersive experience that benefits both our hosts and ourselves.

Regenerative: we recognize that the lifestyle and activities of the hosts we visit promote the regeneration of their environment. We are committed to doing everything we can to leave the area in a better state than when we arrived, thereby ensuring our presence has a positive and lasting impact.

By "regenerative," we also refer to the well-being of both ourselves and those who host us. This well-being may be expressed across three dimensions (physical, emotional, and spiritual) according to the wishes and needs of each individual.

We commit to being travelers who are:

- aware of our impact.
- reasonable in our needs and expectations.
- curious to discover alternative lifestyles and different cultures.
- willing to participate in the life of the territory we visit (without obligation).

Finally, we choose to travel with Soliderrance, fully aware of the criteria the agency has established to select our hosts:

- hosting travelers is not their main activity, but it generates income that ensures the continuity of their primary activity.- Their primary activity and way of life aim toward: "Caring for the Earth and People for a sustainable and peaceful life."
- They have the willingness and ability to share their daily life but will continue to carry out their regular tasks, with the possibility of inviting us to assist.
- They provide dining services and accommodations that ensure our well-being, comfort, and safety.

Liability Waiver

I, the undersigned,

Surname:

Name:

Born on (date) in (city of origin)

Resident in:

am aware that I am participating in a trip dedicated to yoga, ancestral wellness activities, and the exploration of permaculture lifestyles.

I hereby release Soliderrance SAS (Siren 904319381), located at 3 rue de la Gacholle, 34480 Saint Geniès de Fontedit, from all liability in the event of any incident of any nature, during the activities I choose to engage in with full knowledge and awareness.

In case of emergency, please contact the following number:

Place

Date

Signature

Reservation conditions

After reviewing the entire document, if all your expectations are met and you decide to travel with Soliderrance, the booking conditions are as follows:

1. Initial all the pages of this document

Sign the previous "pricing" page, adding the mention "approved."

Send everything back to the following email address:

adrien.ruffino@soliderrance.com

2. Payment conditions:

- At booking: 40%
- Day -90 : 30%
- Day -30 : 30%

You may find the cancellation rules in the section «Other information and conditions».

RIB Soliderrance SAS

IBAN FR76 3000 4027 7500 0101 0921 723

BIC SWIFT BNPAFRPPXXX

Adress BNP CANET PLAISANCE

Modification, Cancellation and/or termination provisions

Refer to the provisions of the "General Conditions of Sale" in force.

It is specified in advance that the Traveler does not benefit from the right of withdrawal for the purchase of tourist services in accordance with article L.221-28, 12° of the Consumer Code once the dates of the stay have been approved and signed on the Sustainable and Regenerative Travel Proposal.

Without prejudice to the application of the provisions of the "General Conditions of Sale" in force at the time of booking, it is specified that the content of the stays may be canceled or modified without notice by SOLIDERRANCE SAS in particular depending on certain local obligations (political events, security measures, etc.) or climatic conditions, during which the planned destinations are impossible to access.

As soon as these modifications substantially affect a fundamental element of the tourist package, SOLIDERRANCE SAS will inform the Client, who will have the choice of terminating the contract or accepting the modifications proposed by SOLIDERRANCE SAS.

The customer has the right to terminate the contract before the start of the trip or stay without paying a termination fee if exceptional and unavoidable circumstances occurring at the place of destination or in the immediate vicinity result in significant consequences for the execution of the contract or on the transport of passengers to the place of destination. In this case, the traveler is entitled to a full refund of payments made but not to additional compensation.

The customer may terminate the contract at any time before the start of the trip or stay, upon payment of appropriate resolution fees or, where applicable, standard resolution fees claimed by SOLIDERRANCE (see the General Conditions of Sale) and this, in accordance with I of article L. 211-14;

The conditions for modifications, cancellations and/or termination at the initiative of the customer or SOLIDERRANCE SAS are detailed in the General Conditions of Sale in force.

Cancellation: the Traveler can cancel their Solidarity and Regenerative Trip.

To do so, the Traveler must send, by Registered Mail with acknowledgment of receipt, their cancellation request to SOLIDERRANCE at the following address: SOLIDERRANCE SAS 3 rue la Gacholle - 34480 Saint-Genies-de-Fonduedat en attaching the Contract. Date of receipt taken as proof for the calculation of cancellation fees.

Depending on the services planned for your trip and in order to take into account the constraints imposed by our service providers, in the event of cancellation on your part before departure, SOLIDERRANCE SAS will apply cancellation fees according to the following scale:

More than 60 days before departure: 10% of the total price of the trip
From 59 to 31 days before departure: 50% of the total price of the trip
30 < > 22 days: 60% of the total price of the trip
21 < > 8 days: 75% of the total price of the trip
Less than 8 days before departure: 100% of the total price of the trip

Mandatory insurance and financial guarantees

In accordance with articles R211-35 to R211-40 of the tourism code, Soliderrance, in its capacity as a travel agency, has taken out a Professional Civil Liability insurance contract with the French insurance company MUTUELLE ASSURANCE DES INSTITUTEURS DE FRANCE (M.A.I.F.), 200 avenue Salvador Allende – 79038 NIORT CEDEX 9

In accordance with articles (Art. L.211-18 and R.211-26 to R.211-34 of the tourism code, Soliderrance benefits from a financial guarantee issued by the National Union of Tourism and Outdoor Associations, 8 Rue César Franck - 75015 Paris
Registration with ATOUT France number IM034220004

Optional insurances

SOLIDERRANCE SAS warmly suggests to the Travelers to take out a cancellation and repatriation insurance policy.

SOLIDERRANCE SAS does not guarantee Travelers for flight delays and cancellations when this service is not included in the Sustainable and Regenerative Travel Package.

Language

The country you are going to visit is Colombia. The official language is Spanish. To fully benefit from the experience offered by Soliderrance, it is recommended to have a knowledge of the language of the host country. If this is not the case, you can use an interpreter guide permanently during your trip, or occasionally during certain activities. The cost of this service will have been clearly stipulated to you in the attached quote.

Visa Passport and COVID 19

We invite you to visit the site: <https://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays-destination/colombie/>. There you will find all the latest updated information.

VISA:

Holders of a French passport can enter Colombia without a visa and stay there for a maximum period of 90 days, upon presentation of a return ticket.

COVID 19:

All travelers must complete the online Check Mig form before boarding.

As of May 1st, 2022, international travelers over the age of 18 traveling to Colombia must present to enter the territory:

- for people vaccinated with at least 2 doses: a vaccination certificate.
- for unvaccinated people or people vaccinated with a single dose: the negative result of a PCR test less than 72 hours old or an antigen test less than 48 hours old.

The vaccines accepted in Colombia are the two-dose vaccines Pfizer, Sinovac, AstraZeneca, Moderna and the single-dose Janssen vaccine. The last dose must occur 14 days before the travel date to be considered vaccinated.

The certificate of recovery is not recognized in Colombia and is not equivalent to a dose.

Currency and change

Colombia's currency is the Colombian Pesos COP.

You will often see a \$ sign in front of the number but this does not mean an amount in USD. They use this sign for Colombian pesos. For example you can see displayed \$2000 which means 2000 Colombian pesos (2000 cop) or ~ 0.5€.

The current exchange rate is around 1€ = 4800 cop. We recommend the website www.xe.com to find out more.

Tipping: in Colombia your bill at the restaurant will always be presented to you excluding the "servicio" (the tip). Your server will ask you if you want to include the tip in your payment with the phrase: "desea incluir el servicio?" ". It is customary to answer yes, unless you are excessively dissatisfied with the service.

This Sustainable and Regenerative Travel Proposal established by SOLIDERRANCE SAS (also called quote) supplements or modifies the General Conditions of Sale.

They define the conditions for purchasing the services offered by SOLIDERRANCE SAS and constitute part of the prior information referred to in the article R.211-4 of the Tourism Code.

All of this information is intended to inform customers/travelers, prior to signing their Contract, of the content of (i) the services offered relating to transport and stay, (ii) the price and payment terms, (iii) conditions for cancellation and modification of the contract as well as conditions for crossing borders (Visa in particular). The General Conditions of Sale and this travel proposal from SOLIDERRANCE will be contractual upon acceptance of the sales contract by the customer. This travel proposal prevails in the event of a contradiction with the General Conditions of Sale in force.

Soliderrance experiential journeys...





Adrien Ruffino



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[@soliderrance](#)