

## Rental of seminar rooms and accommodation

Landguet Ried is a retreat center and seminar house in the area of the Swiss capital of Bern, easily accessible by public transport yet surrounded by nature and forests, providing group organizers with an inspiring setting for deep and authentic interactions among groups, where participants can meet, learn, share and interact.

The center is ideal for yoga, meditation and mindfulness workshops, trainings and retreats, conferences, leadership and coaching programmes, alternative therapy trainings, team-retreats, youth and school classes, martial arts and much more.

### Seminar rooms

| Size               | Capacity depending   | CHF per day   | CHF per day   |
|--------------------|--|---|---|
|                    | on equipment   | Mon – Thu   | Fri – Sun and   |
|                    |  |   | Swiss Bank Holidays   |
| 40 m²              | up to 20 people  | 150   | 170.–   |
| 50 m <sup>2</sup>  | up to 25 people  | 180   | 200   |
| 70 m²              | up to 60 people  | 180   | 250   |
| 100 m <sup>2</sup> | up to 80 people  | 250   | 350   |
| 290 m <sup>2</sup> | up to 300 people   | 400   | 700   |
|                    | 40 m <sup>2</sup> 50 m <sup>2</sup> 70 m <sup>2</sup> 100 m <sup>2</sup> | on equipment  40 m² up to 20 people  50 m² up to 25 people  70 m² up to 60 people  100 m² up to 80 people | on equipment       Mon – Thu         40 m²       up to 20 people       150.–         50 m²       up to 25 people       180.–         70 m²       up to 60 people       180.–         100 m²       up to 80 people       250.– |

### **Included in the room price** (for up to 25 people)

The five seminar rooms can be equipped with chairs and tables, flip charts, meditation cushions, blankets and yoga mats according to your wishes. For further material, please contact us directly.

### **EQUIPMENT OPTIONS** (price upon request)

Audio-visual material, beamer / screen, sound system / multi-lingual simultaneous interpretation facilities, moderation suitcase / paper for flipchart, massage tables and more.

### Outdoor area rental

The ample greenery domain offers the opportunity to enjoy a variety of outdoor activities. The outdoor facilities include a sports field, a basketball court and a large park that offers space for yoga, qi qong, walking meditation, archery, horse therapy, firewalks and more. Additionally we can provide you with firewood (Price on demand).

Half day CHF 200.-

Full day CHF 500.-

## Group discount

As of 16 paying overnight guests, 1 group organizer free of charge, plus a 10% discount on seminar rooms.

As of 31 paying overnight guests, 1 group organizer free of charge, plus a 30% discount on seminar rooms.

As of 51 paying overnight guests, 1 group organizer free of charge, plus a 50% discount on seminar rooms.

As of 71 paying overnight guests, 2 group organizers free of charge, plus a 70% discount on seminar rooms.

As of 91 paying overnight guests, 2 group organizers free of charge, plus 1 seminar room free of charge.

Group discounts only apply from 2 nights on, to groups composed of overnight guests paying full price in fullboard.



### Accommodation

Landguet Ried can accommodate 90 people in winter and up to 130 people in the warmer months, when camping is possible. For larger events, we can arrange additional accommodation for you and your participants.

Accommodation options offer a wide variety of price and standard categories: comfort rooms with shower/WC, standard double and triple rooms, as well as dormitories with shared showers and toilets.

| Prices in CHF (per person in full board)      |        |         |         |           |
|---|--------|---------|---------|-----------|
|   | Single | Double* | Triple* | Quadruple |
| Comfort room, ensuite shower/WC <sup>1)</sup> | 171    | 140     | 135     |           |
| Standard room, ensuite bath/shower and WC 2)  |        |         |         | 125       |
| Standard room, shared shower/WC <sup>3)</sup> | 140    | 114     | 109     |           |
| Dormitory, shared shower/WC <sup>4)</sup>     | 88     |         |         |           |
| Camping, shared shower/WC 5)                  | 78     |         |         |           |

<sup>1)</sup> Comfort room, with ensuite shower and WC, 2 single rooms, 8 double and triple rooms

A participant requesting a double or triple room will be placed with another participant of the same gender and taking part in the same seminar.

\* Double and triple rooms can also be booked as single rooms, depending on availability. For the use of a double or triple room as a single room, a supplement of CHF 50.— will be added to the price in double.

Minimum duration for events 2 days and 2 nights.

As standard, events start with dinner and end with lunch. For stays with only one overnight stay, a supplement of CHF 50.—per person per night applies.

### Reductions for children \*\*

Children up to 5 years stay for free

Children from 6 to 9 years old, get a 50% discount

Children from 10 to 16 years old, get a 30% discount

\*\* Prices are only valid if the children stay in their parents' room

### Visitor's tax

The visitor's tax is CHF 1.– per overnight stay for all guests over 16 years of age. The total revenue goes to the Canton of Bern. Among other establishments, group accommodation such as the Landguet Ried is subject to the tax.

### Wireless network

 $WLAN\ Internet\ access\ is\ available\ to\ you\ and\ your\ guests\ free\ of\ charge\ in\ the\ common\ areas\ between\ 7\ am\ and\ 12\ pm.$ 

<sup>&</sup>lt;sup>2)</sup> Standard room, with ensuite bath/shower and WC, 1 four-bed room

<sup>3)</sup> Standard room, with shared shower and WC, 2 single rooms, 14 double and triple rooms

<sup>&</sup>lt;sup>4)</sup> 2 dormitories with 16 beds each, shared showers and WC

<sup>&</sup>lt;sup>5)</sup> Campground for tents for up to 40 people, Camper sites 8, shared showers and WC



## Meals

We offer our guests a rich and varied vegetarian buffet. In line with our philosophy, our kitchen is organic and promotes the use of local and seasonal produce. Water from our own source is available to guests at all times.

#### **BREAKFAST**

Various tea, coffee and juices

Bread and a wide selection of cereals, home made porridge, nuts, butter, cheese, jams, honey, fresh fruit

#### LUNCH

Salad buffet, main course, dessert, spring water, coffee and tea

#### DINNER

Salad, soup, light main course, spring water and tea

#### **Dietary restrictions**

We are sensitive to dietary restrictions and can design suitable menus in accordance to the needs of your group, upon request, for gluten and lactose free and vegan options only. A supplement charge applies.

| Per person, per day C | CHF 5 |
|-----------------------|-------|
|-----------------------|-------|

### **COFFEE BREAK**

Also upon request, coffee breaks are available, including coffee/tea, juices, fresh fruit and light snacks.

| Per person | CHF 15 |
|------------|--------|
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## Day guests

Our seminar house policy requires participants to stay overnight. Under special and exceptional circumstances, it can be agreed to make use of our facility as a day guest only. In this case a fee of CHF 50.— applies which includes the use of the facility and its infrastructure, including lunch, spring water and teas during the day.

Taking other meals is also possible. The following prices apply:

### Prices (per person)

| Breakfast | CHF 16 |
|-----------|--------|
| Lunch     | CHF 32 |
| Dinner    | CHF 24 |



## Applicability of rates

Please note, that current prices are valid for the period of 1.1.2023 – 31.12.2023. Landguet Ried may revise its prices for periods beyond that date range and it reserves the right to apply the price in force on the effective date of the event.

Clients will be informed at the time when prices are revised. If they do not agree with the new price, they will have the option of modifying their reservation free of charge. Their maintaining the reservation will automatically mean their acceptance of the new prices.

# Cancellation policy overnight guests and day guests

| Up to 8 days before arrival | CHF 50.— administration fee per booking |
|-----------------------------|---|
| from 7 days before arrival  | 50% of the total revenue                |
| from 2 days before arrival  | 100% of the total revenue               |