

GIVEAWAY TERMS AND CONDITIONS

Effective date: 2 November 2025

Applicable to: “Summer Glow: Pilates Retreat Mallorca (July 21–25, 2026)” Instagram Giveaway

Valid for entries from: date of Instagram publication to 31 December 2025, 23:59 CET

This giveaway is organised by:

- **Rützu SRL**, 22 Avenue des Scarabées, 1000 Brussels, Belgium – VAT BE0767675222
- **Nordic Pilates AB**, Upplandsgatan 42, 111 43 Stockholm, Sweden – VAT SE559355839701

Together referred to as “the organisers”.

This giveaway is conducted in accordance with European Union consumer protection law (Directive 2005/29/EC; Directive 2011/83/EU) and the General Data Protection Regulation (Regulation (EU) 2016/679 – GDPR).

1. Eligibility

The giveaway is open to natural persons aged 18 years or older at the time of entry, worldwide, unless participation is prohibited under the participant’s local law. No purchase or payment is required to enter or to win. Employees, contractors, and immediate family members of the organizers are not eligible to participate.

2. How to Enter

To participate in the giveaway, the participant must complete all of the following mandatory steps on Instagram:

1. The participant must follow the three Instagram accounts: **@rutzu_mallorca**, **@pilateswithsaara**, and **@thepilatesretreats**.
2. The participant must like and save the giveaway post.
3. The participant must comment on the giveaway post by (a) tagging one friend the participant would like to bring to the retreat and (b) stating why the participant wishes to win the retreat experience.
4. For the entry to be valid, **both the participant and the tagged friend must follow all three accounts** (@rutzu_mallorca, @pilateswithsaara, @thepilatesretreats).
5. The participant **and** the tagged friend must each share the giveaway Reel or post in their respective Instagram Stories and must tag **all three accounts** (@rutzu_mallorca, @pilateswithsaara, @thepilatesretreats) in their Story. Entries for which only the participant or only the tagged friend has shared the Story, or for which not all three accounts have been tagged, will be deemed invalid.

Entries that do not comply with all mandatory conditions above will be disqualified. Automated or bulk entries are not permitted.

3. Giveaway Period

The giveaway opens on the date the giveaway post is published on Instagram and closes on **31 December 2025 at 23:59 CET**. Entries received after this deadline will not be considered.

4. Prize

4.1 The winner will receive one free spot at the event “Summer Glow: Pilates Retreat Mallorca taking place from **21 to 25 July 2026**.

The prize includes: participation in the retreat program, accommodation in a shared room, all meals and scheduled retreat activities.

Flights and transfers are not included. The prize is non-transferable, may not be exchanged for cash, and may not be assigned to another person. The approximate retail value of the prize is EUR 1,800.

4.2 Additional benefit for the tagged friend: The individual tagged by the winning participant in the giveaway entry shall be entitled to a ten percent (10%) discount on the same event, namely the “Golden Flow: Pilates & Wellness Retreat – Mallorca” taking place from 21 to 25 July 2026, provided that the tagged individual proceeds to book a place at that retreat.

This discount applies to a single booking only, is strictly non-transferable, may not be exchanged for cash or any other benefit, and must be redeemed for the same retreat dates as stated above. The organizers reserve the right to verify eligibility for the discount at the time of booking.

5. Winner Selection and Notification

The winner will be selected at random from all eligible entries using a technical random-draw solution (such as Random.org) to ensure fairness and transparency.

The draw will take place on **5 January 2026 at 09:00 Central European Time (CET)**.

The winner will be notified by Instagram direct message (DM) from one of the official organizer accounts (**@rutzu_mallorca** or **@pilateswithsaara**). The organizers will never request payment or financial information from the winner.

If the winner does not reply within seven (7) days from the first contact attempt, the organizers reserve the right to select an alternative winner.

The organizers also reserve the right to verify that all entry conditions (follows, comment, tags, Stories) have been met before confirming the prize.

6. Liability and Applicability of Retreat Terms

6.1 In the event that the “Golden Flow: Pilates & Wellness Retreat – Mallorca” (21–25 July 2026) is cancelled, postponed, or not confirmed due to insufficient participant numbers, force majeure, or any other circumstances beyond the organisers’ reasonable control, the organisers shall not be held liable for any loss, damage, or inconvenience caused to the giveaway winner or any other party.

6.2 In such a case, the giveaway prize shall be deemed void and non-transferable. No cash alternative, substitute prize, refund, or other compensation will be provided.

6.3 The winner’s participation in the retreat is subject to the same general terms and conditions that apply to all paying participants. This includes, but is not limited to, liability waivers, health and safety requirements, insurance responsibilities.

6.4 The organizers strongly recommend that all participants, including the giveaway winner, obtain appropriate travel and health insurance coverage for the retreat.

7. Data Protection (GDPR)

Personal data processed within the framework of this giveaway (Instagram usernames and, where applicable, email addresses provided for the optional newsletter entry) will be used solely for the purposes of administering the giveaway, verifying eligibility, and contacting the winner.

Data will be processed in accordance with Regulation (EU) 2016/679 (GDPR).

Participants may exercise their rights of access, rectification, erasure, or restriction of processing by contacting: **legal@rutzu.com**.

Personal data will not be shared with third parties, except where this is strictly necessary to administer the giveaway.

8. Compliance with EU Law

This giveaway is organized in accordance with:

- Directive 2005/29/EC on unfair business-to-consumer commercial practices;
- Directive 2011/83/EU on consumer rights (information duties, clarity of conditions, exclusions);
- Regulation (EU) 2016/679 (GDPR) on the protection of personal data.

Participation is free of charge and does not require any purchase.

9. Instagram Disclaimer

This giveaway is in no way sponsored, endorsed, administered by, or associated with Instagram.

By participating, the participant releases Instagram from any liability arising from or in connection with this giveaway.

Participants must ensure that their Instagram Stories are publicly visible at the time of verification so that the organisers can confirm compliance with the sharing requirements.

10. Governing Law and Jurisdiction

This giveaway is governed by the laws of Belgium and Sweden, together with applicable European Union consumer and data protection regulations.

Any dispute arising from or in connection with this giveaway shall be submitted to the competent courts as determined by Regulation (EU) 1215/2012.

11. Acceptance

By submitting an entry, the participant confirms that they have read, understood, and accepted these Giveaway Terms and Conditions in full.