

TERMS & CONDITIONS

1. Booking

- (a) Your booking is not considered definite & no contract will exist until we receive a non-refundable deposit of £300 via bank transfer. By booking a retreat with Natural Health Retreats you are accepting these terms & conditions.
- (b) We do not share customer details with any third parties.

2. Payment

- (a) The price is the exact amount to be received in full by us in GBP.
- (b) The full payment amount is due 60 days or more before the first day of the retreat & can be paid by bank transfer to the account specified in your original confirmation email sent out after your booking is confirmed & deposit has been received. If full payment is not made 60 days or more prior to the start date of our retreat it will be assumed that you wish to cancel your booking without refund of your original deposit.

3. Your Travel Arrangements

All travel arrangements are your responsibility & at your own cost. We shall not be held liable for any consequences arising from delays or cancellations in any of the companies you may have made arrangements with, or for any irregularities in your documentation required for travel. Transfers to/from the retreat are at your own cost, unless otherwise specified.

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4. Travel Insurance

Travel insurance is highly recommended. If you choose to buy insurance please ensure that your travel insurance covers the activities of this retreat as well as unexpected cancellation, sickness, losses & all other risks associated with traveling & taking part in the retreat. You should bring your own travel insurance policy with you in case of an emergency.

5. Your Health

- (a) It is your responsibility to let your Hosts know if you have any injuries & to be mindful at all times of your own body's capabilities during the retreat. If you experience any injury or discomfort during any activity during the retreat, then you must desist immediately.
- (b) It is also your responsibility to consult with your doctor to check that you are sufficiently fit & healthy to undertake the retreat activities that you may chose to do whilst on the retreat.
- (c) Please advise us of any mental or physical health conditions, allergies & dietary requirements before you book. If you have health conditions & dietary requirements that may be affected by the activities offered on our retreats we reserve the right to advise you to desist & in the interests of your health, or others, we may decline your stay at our retreats.
- (d) Whilst all measures are taken to ensure a high standard of health & safety, we are situated in the countryside/coast where the land is uneven & we shall not be responsible for any injuries caused by uneven terrain.
- (e) We shall not be held responsible for any injuries sustained during our swims in the ocean, fitness classes or other retreat activities.

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6. Cancellation by you

(a) You (or any member of your party) may cancel your booking at any time, providing that the cancellation is made by the person submitting the booking form & is notified to us in writing. Cancellation will take effect the day such notification is received by us. If such cancellation is made within less than 120 days before the start of the retreat, we will retain the deposit of the retreat. If cancellation is made within 30 days of the start of the retreat we will retain the full amount paid by you.

(b) Bookings are for the stated period of the retreat. There are no refunds for an unused portion of the retreat. If the reason for cancellation is covered under the terms of your Insurance Policy, you may be able to make a claim on your own insurance.

7. Amendments by us

Occasionally, changes may have to be made (e.g., Class times or other arrangements), which we reserve the right to do at any time. If your accommodation has to be changed, we will do our utmost to provide accommodation of a similar standard. If a significant change becomes necessary, we will inform you as soon as possible before your departure.

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8. Cancellation by us

We reserve the right in any circumstances to cancel a retreat. In particular our retreats require a minimum number of at least 75% of the participants to have booked by 30 days before the start date. If this minimum number is not reached by that date we may cancel & refund payment to you.

9. Our liability to you

- (a) We accept responsibility for ensuring that the retreats are supplied as described & that the services we are contractually obliged to provide are to a reasonable standard.
- (b) We do not accept any liability for cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, closure of airports, civil strife, industrial action, natural disaster, technical problems to transport, staff cancellations, unforeseen changes in your personal circumstances or other events beyond our control.
- (c) We are not liable for any injuries you may incur. Fitness classes, swims & other activities are undertaken at your own risk. We are not liable for any medical or psychiatric conditions, which may develop during or subsequent to the retreat. We are not liable for loss of, or damage to, your personal property.

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10. Group Bookings

Where a booking is made on behalf of several individuals the booking is conditional on the person(s) paying having authorization from all the individuals named on the booking form to enter into this contract. The terms of this contract will apply to each member of the group as though they had paid for their own retreat individually and directly to us.

11. No Liability for possessions

It is your responsibility to ensure that your possessions are kept safe at all times within & outside of the retreat house. This includes hire cars or other hired equipment. We cannot be held responsible for any loss or damage to personal belongings during the retreat.

12. Complaints

If you have a problem during your retreat, please inform the retreat host immediately & we will endeavor to put things right. Please note that we cannot be held responsible for the individual behavior of any group member or other guest sharing your accommodation.

13. Privacy Policy

We do not share customer details with any 3rd parties. Any personal information that you provide to us will be used only for the service you requested. This information is used only for administration of the site system & in the compilation of statistics used by us to assess the use of the site. This privacy policy does not cover the links within this site linking to other sites.

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14. Photography

I, for good and valuable consideration, the receipt of which is hereby acknowledged, hereby irrevocably authorize Natural Health Retreats to use photographs of me & or my property & authorize Natural Health Retreats & its assignees, licensees, legal representatives & transferees to use & publish (with or without my name) photographs, pictures, portraits or images in any & all forms & media & in all manners including composite images or distorted representations, & the purposes of publicity, illustration, commercial art, advertising, publishing (including publishing in electronic form on CDs or internet websites), for any product or services, or other lawful uses as may be determined by the photographer. I further waive any & all rights to review or approve any uses of the images, any written copy or finished product. I am of full legal age & have read & fully understand the terms of this release.

If you wish to opt out of being in any photos or videos, please inform us upon booking or arrival.

15. Alcohol

We do not permit the consumption of alcohol on-site at any of our retreats. Our retreats are aimed at providing & facilitating activities in line with health & wellness, & therefore consumption of alcohol on-site at our retreats is not permitted.

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16. Food & Menu

We provide Breakfast & lunch each day. The menu is pre-set prior to the retreat & we do ask for any dietary requirements or allergies beforehand. Upon booking you will be asked for your menu choices. All food will be prepared & cooked within the retreat house. Due to the seasonal & locally provided nature of our menu, it is subject to change at any point throughout the retreat. Suitable alternatives will be provided to keep the menu as similar as possible. Our main aim is to provide delicious, clean meals for you to enjoy.

17. Schedule

While we endeavor to stick to the schedule we have provided, it is subject to change in line with the weather & tides. We will always make decisions based on safety & the enjoyment of our guests.

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I _____, for good & valuable consideration, the receipt of which is hereby acknowledged, I am of full legal age & have read & fully understand the terms of this release.

Name:

Date:

Signature: