

# YOGA RETREAT

## TERMS & CONDITIONS

### 1. Booking

- Your booking is not considered definite and no contract will exist until we receive £350 non-refundable deposit from you and you agree to these terms and conditions.
- We do not share customer details with any 3rd parties nor do we store credit card detail

### 2. Payment

- The full payment amount is due on or before the 15<sup>th</sup> of May 2026 by bank transfer onto the below bank account:

Wioletta Michalek

Sort code: 09-01-28

Account: 59217595

**Ref. Your Name, retreat**

*\*Monthly instalments are available. For details, please contact us on [studio@makeyoga.co.uk](mailto:studio@makeyoga.co.uk)*

### 3. Your Travel

All travel arrangements are your responsibility and 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.

### 4. Travel Insurance

Travel insurance is highly recommended. If you choose to buy insurance we require that your travel insurance covers the activity of this retreat as well as unexpected cancellation, sickness, losses and all the usual risks. You should bring the policy with you in case of an emergency.

#### **4. Your Health**

(a) It is your responsibility to let your MakeYoga know if you have any injuries and to be mindful at all times of your own body's capability 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 a doctor with an understanding of yoga to check that you are sufficiently fit and healthy to undertake yoga classes and other physical activities that you may choose to do whilst on the retreat.

(c) Please advise MakeYoga of any mental or physical health conditions and dietary requirements before you book. If you have health conditions and dietary requirements that may be affected by the activities offered on our retreat we reserve the right to advise you to desist and in the interests of your wellbeing, or others, we may decline your stay at our retreats.

(d) Whilst all measures are taken to ensure a high standard of health and safety, the property is situated on the land that may be uneven and MakeYoga is not responsible for any injuries caused by uneven terrain.

(e) Women who are 12 to 28 weeks pregnant should provide a letter from their health practitioner specifying that they are fit to travel and able to engage in the activities that we provide. They should hand over the letter to their Yoga Instructor. We would prefer pregnant women to have done already yoga before they arrive.

#### **5. Cancellation**

A refund (minus the deposit) will be made for cancellations made more than 4 months before the start date.

For cancellations less than 4 months before the start date there will be 50% charge or transfers unless: the course/retreat is full, and your place can be filled from a waiting list in these cases, we will refund the 50% fee, minus deposit.

If the retreat is cancelled, you will be offered either a refund or the option of being transferred to an alternative event.

Once you have committed to a retreat, we recommend that you attend the scheduled number of sessions to get the most out of the programme.

We are unable to give refunds in the case of cancelled transport (trains, aeroplanes etc). Please ensure you take out relevant insurance to protect yourself against this.

We reserve the right to cancel a training or retreat for any reason. Whilst we would only do this in exceptional circumstances that means we are unable to offer the course as advertised, or if there are insufficient numbers to make it viable for MakeYoga Ltd. Should this be the case, we will notify

you as soon as we have knowledge of the cancellation and will refund you the full £ (sterling) amount you have paid us in respect of the course.

We will not be responsible for any additional expenses that you may have incurred in respect of the course, including travel, accommodation, or exchange rate losses.

## **6. What is Included in The Retreat**

- 6 night's stay in shared double room, single occupancy room, single occupancy glamping yourt or single occupancy caravan
- Full board includes breakfast, lunch, light snack and dinner
- 2 yoga classes each (Pilates optional) + 1 surprise workshop with Viola
- 1 sound bath evening session (crystal singing bowls or handpan)
- 1 day hike excursion in Farfa gorge + transport
- Farewell pizza and wine dinner at the local restaurant on Friday evening before departure
- Yoga equipment, matts, bolsters etc.

## **WHAT'S NOT INCLUDED:**

- Flight or train to Rome
- Massages (optional)
- Travel insurance
- Minibus transfer to and from the airport (only if you are on the recommended flight times)

*\*Transfer to and from the airport was only available for Early Bird purchases of the retreat valid until 31 January 2026.*

*\*MakeYoga can arrange airport transfer per request on scheduled and recommended flights.*

## **WHAT TO BRING:**

Suncream, sunglasses, hat, swimwear, light clothing, waterproof, comfortable shoes, flipflops, comfortable clothing to practice yoga, warm jumper/light jacket; a book for a free time.

**With any questions or concerns regarding MakeYoga retreats, please email us on [studio@makeyoga.co.uk](mailto:studio@makeyoga.co.uk)**