

By booking and confirming a place with Self Appreciation Journeys you have agreed to the following: Paying a non-refundable deposit to secure your place; being fully responsible for your own travel insurance; paying the remaining balance for the retreat on the day of arrival before or at checking in; taking responsibility for your travel arrangements to and from the retreat. You will check in and check out at the times stated on the programme. Any optional activities on the scheduled programme incurs additional cost payable at the venue. As a participant **I am in full agreement to the following statements below:**

1. I am currently fit and well to participate in the Yoga classes or any other movement and breathing exercises programmed during the retreat.
2. I can certify that I am not in need of medical assistance or under any medical supervision for any medical conditions.
3. I have an understanding of and take full responsibility in seeking further information about the physical nature of yoga and programmed activities prior to attending this retreat.
4. I agree to physically exerting myself during activities on this retreat, which may cause physical injury. I will make myself fully aware of the risks and hazards involved at the time of the programmed activities and take full precautions.
5. I take full responsibility for making enquiries about the risks involved and will consult the relevant physician prior to attending the retreat.
6. I am currently sound of mind and under no influence but my own free will to attend this retreat.
7. I understand the venue has no accessibility for the physically disable or visually impaired, blind or individual with hearing challenges of all nature ***facilities limitation***.
8. I agree never to bring any pets or encourage any animal or insects to inhabit the accommodation, if I do I will be pay a penalty £70 cleaning fee.
9. I understand that not all disabilities are visible and it is my responsibility to make persons aware of my needs at the venue.
10. I understand it is my sole responsibility to make Self Appreciation Journeys aware of any allergies that may result in serious injury or death, prior to attending the retreat.
11. It is my responsibility to clearly explain in the writing at the time of booking and in person on arrival the associated compound or natural substances that triggers my allergy in order to manage it transparently and safely. Where needed I will provide my own remedial resources should an allergic reaction occur.
12. I am aware the nearest urgent care hospital is 36mins drive from the venue
13. I am able to provide proof of full medical insurance cover details for the duration of the retreat.
14. I have no medical condition, which would prevent my full participation in the programmed activities.
15. If I am pregnant, I will present a detailed signed doctors note stating I am in my first trimester during the dates of the retreat, with proof of my travel insurance cover for yourself and unborn child/children, I understand that I participate fully at my own risk and accept all liabilities of my unborn child/children and any injury, trauma or death caused during or after the retreat. I have 14 days to present, this paperwork. Without this my booking will be refused.

16. It is my responsibility to be aware of my personal needs and have the relevant, products as there will be no access to a pharmacy or over the counter relief medicine.
17. I understand only a standard first aid box will be available.
18. I agree to accept all liabilities any risks, injuries or trauma associate with participation in the Self Appreciation Journey's retreat programmes or services.
19. I knowingly, voluntarily and expressly waive any claim I may have against any instructor or substitute teacher for injury or damages that I may sustain as a result of participating in this retreat and programme activities.
20. I understand that from time to time during yoga classes, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
21. I hereby take full and sole responsibility for any personal injuries, liability of loss or damage to personal property associated with Self Appreciation Journeys retreat.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and meet the required conditions stated above for participation. By booking this Self Appreciation Journey retreat or accessing online material I hereby agree to the terms and conditions above. I agree that my booking confirmation of this retreat is my acceptance of this waiver.

