

The Thoughtful Yogi — Retreat Terms & Conditions

Sep 25, 2026 · @Jay

1. Welcome — and how these terms work

These terms apply to every retreat run by The Thoughtful Yogi ("TTY", "we", "us"), wherever in the world we gather. By paying a deposit, you ("the guest") confirm you've read and agree to them.

They're written to keep everyone safe, looked after and on the same page — so the retreat can do what she's meant to do: hold you. Each retreat also has its own booking page setting out the dates, venue, prices, what's included and payment deadlines. Where that page and these terms differ, the booking page wins for that retreat.

Questions at any point? Email thethoughtfultyogi@gmail.com — we'd always rather you ask.

2. Booking and payment

1. **Your place is confirmed** once we've received your completed booking form and deposit, and sent you written confirmation by email.
2. **Deposit:** a non-refundable deposit of £300 per person secures your place. It covers the costs we commit to on your behalf, like villa and venue bookings.
3. **Balance:** the remaining balance is due [8 weeks] before the retreat start date. Booking inside that window? Full payment is due at booking.
4. **Payment plans:** instalments can be arranged on request, as long as the full balance is paid by the due date.
5. **Late payment:** if the balance isn't received by the due date, we'll send a friendly reminder. If it's still unpaid [7 days] later, we may release your place and keep the deposit.
6. **Prices** are per person and listed in the currency shown on the booking page. Prices are fixed once your booking is confirmed.
7. **Minimum age:** guests must be 18 or over, unless a retreat is specifically advertised otherwise.

3. Cancellations and changes

If you need to cancel

Please let us know in writing, by email, as soon as you know.

Change of mind: once your booking is confirmed, your payments go towards securing the venue, activities and everything that makes the retreat happen. If you choose not to attend for personal reasons, The Thoughtful Yogi retains all money paid.

Exceptional circumstances: if you can't attend because of a medical emergency, serious illness, bereavement, a family emergency or other exceptional circumstances, please get in touch. We'll talk it through with you, and a full or partial refund of payments beyond your deposit may be agreed. We may ask for supporting evidence, such as a doctor's note. Your travel insurance may also cover you here.

Your deposit: the £300 deposit is non-refundable, except in exceptional circumstances agreed with The Thoughtful Yogi.

- **Transfer your place:** you're welcome to pass your place to a friend at no charge, up to [14 days] before the retreat. They'll need to complete a booking form and agree to these terms.
- **We may refill your place:** if we resell your place from a waiting list, we'll refund what you paid, minus the deposit and a [£50] admin fee.
- **No-shows, late arrivals and early departures** aren't refunded, and missed sessions or treatments can't be credited.

If we need to cancel or change things

- If TTY cancels a retreat for any reason within our control, including low bookings, you'll get a **full refund of everything you've paid us**, including the deposit.
- If we cancel because of events beyond our control (see below), we'll offer a place on a future retreat or refund whatever we can recover from suppliers.
- We'll always tell you as early as we can. We decide on minimum numbers no later than [10 weeks] before the start date.
- We're not responsible for flights, insurance, visas or other costs you've arranged yourself — another reason to have good travel insurance.
- Occasionally we may need to adjust the programme, a session time, a teacher or practitioner, or switch to a comparable venue. We'll keep the heart of the retreat the same, and tell you about any significant change.

Events beyond our control

This covers things like extreme weather, natural disasters, war or unrest, pandemics, government travel advice against travel, airline failures, or serious illness or bereavement affecting the lead teacher.

4. Travel, insurance and what's included

- **What's included** is listed on each retreat's booking page — typically accommodation, the programme of classes and sessions, and the meals stated. Anything not listed isn't included.
- **Flights and transfers** are only included where the booking page says so. Otherwise you book your own and share your arrival and departure times with us at least [4 weeks] before.
- **Please don't book non-refundable flights** until we've confirmed the retreat is going ahead.
- **Travel insurance is required.** It must cover medical treatment, repatriation and cancellation, and any activities on the programme. We'll ask for your policy details before arrival, and may decline to accept a guest without it.
- **Passports and visas** are your responsibility. Check your passport is valid for at least [6 months] after travel and that you meet entry rules for the destination.
- **Extras** such as optional excursions, additional treatments, drinks and personal spending are paid for separately, unless stated.

5. Health, practice and holistic therapies

- **Health form:** every guest completes a confidential health questionnaire before the retreat. Please tell us about any injuries, medical conditions, pregnancy, allergies or medication — it helps us keep you safe and adapt the practice. Update us if anything changes.
- **Check with your GP** if you're unsure whether the programme is right for you. You're responsible for making sure you're fit to take part.
- **Listen to your body.** All sessions are optional and can be adapted. Rest whenever you need to — that's part of the practice, not a break from it.
- **Your practice is at your own risk.** Our teachers are qualified and insured, but yoga, breathwork and physical activity carry some risk of injury.
- **Not medical treatment:** yoga, meditation, breathwork, coaching and holistic therapies such as Reiki, massage, facials and EFT support wellbeing. They aren't a substitute for medical or psychological care.

- **Treatments** are given by qualified, insured practitioners. Each will ask you to complete a short consultation form first, and may decline or adapt a treatment if it isn't suitable.
- **Dietary needs:** tell us on your booking form. We'll do our very best to cater for them, but can't guarantee kitchens are free from all allergens.
- **Medication:** bring enough for the whole trip, plus a little spare.

6. Retreat house rules

A retreat is a shared space. These few rules keep her gentle, safe and welcoming for everyone.

1. **Be kind.** Treat fellow guests, teachers, practitioners, hosts and staff with respect. Discrimination, harassment or bullying of any kind isn't tolerated.
2. **Hold the circle.** What's shared in sessions stays in sessions. Please don't repeat others' stories, inside or outside the retreat.
3. **Arrive on time** for sessions and meals, so the group can settle together. Running late? Just slip in quietly.
4. **Quiet hours** run from [10pm to 7am] so everyone can rest.
5. **Alcohol and substances:** some retreats are alcohol-free and some aren't — the booking page will say. Please don't arrive at any session under the influence. Illegal drugs are not permitted at any retreat.
6. **Smoking and vaping** only in outdoor areas the venue allows, away from practice spaces.
7. **Respect the venue.** Follow the house's own rules and care for it as if it were your own home. Guests are responsible for the cost of any damage they cause.
8. **Pets** are only welcome where a retreat specifically says so.
9. **Visitors:** please don't invite non-guests to the venue without checking with us first.
10. **Local culture:** honour the customs, dress codes and laws of the place we're staying.
11. **Leaving the group:** if you head off on your own, let us know when you plan to be back.

If a guest's behaviour puts others' safety or wellbeing at risk, or seriously disrupts the retreat, we may ask them to leave. No refund will be given, and any extra costs are theirs to cover.

7. Accommodation and room sharing

- **Rooms are allocated in order of booking.** Each room type and price is shown on the retreat's booking page.

- **Shared rooms:** if you book a shared room on your own, we'll pair you with another guest of the same sex. If no one else books the other bed, you'll have the room to yourself at no extra cost.
- **Room photos** are a guide. Venues occasionally make small changes to layout or furnishings.
- **Check-in and check-out** times follow the venue's rules. Early arrivals and late departures depend on availability and may cost extra.
- **Valuables** are your responsibility. Use a safe where one is provided.

8. The karma seat

On every retreat, The Thoughtful Yogi gifts one place as a **karma seat** — a pay-what-you-can place for someone who'd love to join us but for whom the full price isn't possible right now. It's our gift, offered from our side.

- There's **one karma seat per retreat**, in the room type stated on the booking page.
- **To apply**, email us a few lines about why the retreat calls to you. There's no need to share financial details.
- We'll let you know the minimum contribution when you get in touch, and choose the guest at our discretion.
- **Deposit, payment and cancellation terms** are the same as for every other place, based on the amount you've agreed to pay.
- Karma seat guests are simply guests. Who holds the seat stays private unless they choose to share it.

9. Photos, privacy and the legal bits

Photos and filming

We love capturing retreat moments and may share some on social media and our website. Tick the box on your booking form if you'd rather not appear, and we'll respect that fully. Please ask fellow guests before photographing or posting them.

Your information

We only use your personal and health information to run your retreat and keep you safe, and store it securely in line with UK GDPR. We never sell it. Health details are shared only with the teachers and practitioners who need them.

Liability

- We take great care in choosing venues, suppliers and practitioners. We aren't responsible for their acts or omissions where they're independent of us, or for loss, damage or delays caused by airlines or other third parties.
- We aren't liable for loss of or damage to personal belongings.
- Our total liability to you is limited to the price you paid for the retreat.
- Nothing in these terms limits liability for death or personal injury caused by our negligence, or anything else that can't be limited by law.

Complaints

If something isn't right during the retreat, please tell us straight away so we can fix it there and then. If you're still unhappy afterwards, email thethoughtfultyogi@gmail.com within [28 days] of the retreat ending and we'll respond within [14 days].

Governing law

These terms are governed by the law of England and Wales.