

## Terms and Conditions for Retreats and Workshops

### Payment Conditions

- After reservation, a non-refundable deposit of € 500,- (retreat) or € 50,- (workshop) applies.
- The balance payment is due no later than 12 weeks before the retreat or workshop starts.

### Cancellation Conditions

For reservations cancelled the following cancellation conditions apply:

- The deposit is non-refundable.
- Cancellation more than 12 weeks before the start date; refund of 50% of the total amount minus the deposit.
- Cancellation from 12 weeks till the start of the retreat; 100% cost.
- Cancellation from 4 weeks till the start of the workshop; 100% cost.

### Documents & Insurances

It's very important that all of our participants have adequate travel documents and insurance cover for their travels. Participants are fully responsible for the required documents for the countries to which they travel, such as valid passport, visa and other immigration requirements. The power of time off strongly advises participants to contact the authorities in their own country for the required documents. Participants to any workshop or retreat have to arrange their own insurances, including and not limited to travel and cancellation cost insurance, as well as a health insurance.

Preparations to ensure a healthy and safe trip is most important. For the latest detailed advice we recommend participants to contact one of the specialist travelers clinics and authorities in their own country. Besides, the power of time off strongly advice to arrange a travel insurance including health coverage.

### Liability and unforeseen circumstances

- Due to unforeseen situations, the power of time off reserves the right to make changes to the retreat program or workshop.
- The power of time off, Ingrid Valks and its companies and partners accept no liability for loss, damage, injury or illness, which may occur while participating a workshop or retreat, or travelling to/ from the retreat/ workshop location or during the period after the retreat/ workshop.
- Participants are at all times participating at their own risk and accept the risk of any injuries. The power of time off recommends the following to reduce the risk of injury;
  - consult a doctor before participating in a retreat/ workshop if you are unsure about your health or if you are pregnant;
  - if you have an injury or other physical or mental discomfort, always report this to the relevant teacher/ facilitator before the start of a workshop or retreat;
  - listen carefully to the instructions of the relevant teacher/ facilitator and follow them
  - listen carefully to the signals of your body and act accordingly
  - perform the exercises carefully and consider your physical limitations
  - do not perform exercises that are painful
  - ask questions when an exercise is not clear
- Participants take full responsibility for their own mental and physical health.
- Any liability of the teacher/ (retreat) facilitator(s) is excluded.

### Applicable Law

Dutch law is applicable on the terms and conditions for retreats and workshops.

I declare I have read and understood and agree with the above.