

Terms and Conditions for individuals participating in retreats in nature

Confidentiality

the power of time off, its employees and/or its partners and/or third parties engaged by the power of time off shall keep confidential the information provided by you, our client.

Payment Conditions

- To book your spot in a retreat, you will be asked to pay a non-refundable deposit of € 500,- .
- The balance payment is due no later than 12 weeks before the retreat start day.

Cancellation Conditons

- a. For your purchase of the retreat by mail of via internet, you have a reflection period of 14 days. Within this period you can undo the purchase without giving reasons.
- b. For places paid and then cancelled the following cancellation conditions apply:
 - Your deposit of € 500,- is non-refundable, also if you decide to cancel within the reflection period of 14 days.
 - Your cancellation more than 12 weeks before the start of the retreat; refund of 50% of the total amount minus the deposit of € 500,-.
 - Your cancellation up to 12 weeks before the start of the retreat; no refund will be given.
- c. When you cancel your participation in the retreat, you are allowed to find a replacement. When your substitute participates in the retreat, you will continue to owe the price to the power of time off.
- d. When you or your substitute does not attend the retreat without cancelling, this will be considered a cancellation less than 12 weeks before the start of the retreat, and 100% of the price will be charged.

Insurances

I declare I have understood clearly I have to arrange my own insurances, including and not limited to travel insurance, health insurance and cancellation insurance.

Liability and unforeseen circumstances

- Due to unforeseen situations, we reserve the right to make changes to the retreat program.
- The power of time off, Ingrid Valks and its companies and its partners accept no liability for loss, damage, injury or illness, which may occur while at the retreat or travelling to or from the retreat location or during the period after the retreat.
- the power of time off accepts no liability for any physical and/or mental injury, loss of or damage to your belongings as a result of your stay at the retreat location, travel to-from the retreat location or as a result of your participation in activities provided in a retreat by the power of time off.

- This how you can reduce the risk of injury or discomfort;
 - consult a physician before participating in any activity during a retreat by the power of time off if you have any doubts about your physical or mental health or if you are pregnant;
 - If you have an injury or other physical or mental discomfort, always report it to the appropriate teacher/trainer/coach before the start of the retreat;
 - listen carefully to and follow the instructions of the relevant teacher/trainer/supervisor
 - listen carefully to your body's signals and act accordingly
 - perform the exercises carefully and consider and respect your physical limitations
 - Do not perform exercises that are painful
 - Ask questions if an exercise is not clear
- I take full responsibility for myself in body and mind and spirit during and after this retreat and on my way to and from the retreat location. Any liability of the power of time off, its partners and/or the retreat teacher/trainer/facilitator(s) is excluded. I participate at my own risk.

Applicable law, complaints, privacy, disclaimer

- All agreements with the power of time off are governed exclusively by Dutch law.
- The [complaints procedure](#), the [privacy statement](#) and the [disclaimer](#) of the power of time off are applicable to all retreats of the power of time off.

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

Last updated August 2024