

***Yoga with Gandha***  
***Yoga retreat Garth Barns, Wales***  
***29th May - 2nd June 2026***  
***Terms & Conditions***

*Please read Terms and Conditions carefully before booking:*

1. Your Yoga Retreat place is secured and reserved by paying a minimum nonrefundable deposit of £350 per guest. This deposit is non-refundable.
2. The balance payment is due by the 29th March 2026. If we do not receive your balance payment, your place may be given to another guest.
3. Bookings made after the 29th March 2026 must be paid for “in full” at the time of booking.
4. We accept payment by Bank Transfer only.
5. If for any reason beyond our control there is a venue issue, we will find an alternative location for your retreat or refund you the retreat money paid to us (this does not include airfares or train tickets you may have purchased in advance).
6. We accept no responsibility for travel tickets such as airfares and trains.
7. We may offer a discount to some students, or last-minute discount places – this does not affect the status of any guests who have previously paid the full price, and no discount will then become due to them.
8. We strongly recommend that you have your own travel insurance.
9. You are responsible for ensuring that you have a valid passport and any necessary visas.
10. If you have any health issues, please consult your doctor to make sure you are in a fit state to join us for your retreat and all activities. It is your responsibility to let us know of any injuries that may need to be considered during the yoga practise and any food allergies.
11. Guests must be respectful and must not engage in offensive, illegal or immoral acts. Should this be a situation we reserve the right to ask a guest to leave our premises or suspend their activities if it is appropriate to do so, without any compensation.

By confirming your booking, you agree to the below disclaimers:

I understand I am enrolling in a fitness/exercise/wellness retreat of moderate to intense physical activity, which may include but is not limited to aerobic conditioning and cardiovascular conditioning, strength training and flexibility training. In consideration of my participation, I hereby release Yoga with Gandha (its owners, employees, volunteers, facility, organization, business or any persons involved with the exercise class), from any claims, demands and causes of action arising from my participation in the exercise class. I fully understand that I may injure myself as a result of my participation in the exercise class and I do hereby release Yoga with Gandha (its owners, employees, volunteers, facility, organization, business or any persons involved with the exercise class), from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/back/foot injuries and any other illness, soreness or injury caused, occurring, during or after my participation in the fitness/exercise program.

Sometimes, yoga can trigger strong emotions and reactions. If this happens and you feel you need additional support, please seek advice from your counsellor, therapist or medical professional. Nothing offered is a replacement for medical care.

Yoga Nidra is not suitable for people with schizophrenia or other mental health conditions where there may be disassociation.

Please get in touch if you have any existing health conditions, are sensitive to imagery suggestions or are not sure if Yoga Nidra is suitable for you.

Please avoid consuming Cacao if:

- \* you are taking anti-depressants (as the natural chemicals interact with the active component in anti-depressants)
- \* you have a heart condition or are on high blood pressure medications
- \* you are pregnant
- \* you are caffeine sensitive (if you are well drinking coffee, you should feel well drinking Cacao)
- \* you are allergic to Cacao