

# Booking Terms & Conditions

## **Italian Yoga Retreat, Abruzzo | 22–29 September 2026**

Hosted by Rachel (In the Flow) and Dionne

These Terms & Conditions apply to all bookings made for the Italian Yoga Retreat in Abruzzo, taking place from 22–29 September 2026. By making a booking, you agree to the following terms.

---

## **1. Booking & Deposit**

- A non-refundable deposit of **£400** is required to secure your place on the retreat.
- Your booking is only confirmed once the deposit has been received in full.
- Places are limited and allocated on a first-come, first-served basis.

---

## **2. Payment Schedule**

- **Deposit:** £400 due at the time of booking
- **Balance:** Due no later than **22 June 2026** (12 weeks prior to the retreat start date)

If you book after 22 June 2026, full payment is required at the time of booking.

---

## **3. Pricing & Early Bird Places**

- A limited number of Early Bird places are available at a reduced rate and will be offered on a first-come basis.
- Once Early Bird places are filled, standard pricing will apply.
- All prices are per person and include accommodation, meals at the villa, yoga sessions and retreat hosting as outlined in the retreat programme.

---

## **4. Cancellations by You (Guest)**

All cancellations must be made in writing.

- The deposit of £400 is **non-refundable under all circumstances**.
- For cancellations made **before 22 June 2026**:
  - Any balance paid beyond the deposit will be refunded.
- For cancellations made **on or after 22 June 2026**:
  - Unfortunately, no refund can be given.

We strongly recommend that all guests take out comprehensive travel insurance, including cover for cancellation and curtailment.

---

## 5. Transfers

- If you are unable to attend, you may transfer your place to another person, subject to our approval.
- We must be notified in writing at least **14 days before** the retreat start date.
- Any difference in room price or booking cost must be paid by the replacement guest.

---

## 6. Cancellations or Changes by Us

- In the unlikely event that the retreat is cancelled (for example, due to insufficient bookings or circumstances beyond our control), all payments received will be refunded in full.
- We cannot accept responsibility for any additional costs incurred by guests, including but not limited to flights, insurance, or personal expenses.

---

## 7. Travel & Insurance

- Guests are responsible for arranging their own travel to and from Italy.
- Group airport collection from Rome airport is included for the designated arrival flight only.
- All guests must hold valid travel insurance for the duration of the retreat, including medical, personal liability and cancellation cover.

---

## 8. Health & Fitness

- By booking, you confirm that you are physically and mentally fit to participate in yoga classes and retreat activities.
- Please inform us in advance of any injuries, medical conditions, allergies or special requirements.
- All yoga and physical activities are undertaken at your own risk. You are responsible for working within your own limits and seeking guidance where needed.

---

## **9. Accommodation & Shared Spaces**

- Rooms are allocated on a first-come, best-fit basis according to availability.
- Shared bathrooms and communal areas form part of the retreat experience and we ask all guests to use them respectfully and considerately.

---

## **10. Responsibility & Liability**

- Rachel and Dionne cannot accept responsibility for any loss, damage or theft of personal belongings during the retreat.
- Participation in all activities is voluntary and undertaken at your own discretion and risk.
- We reserve the right to refuse participation in any activity if we believe it may pose a risk to your health or safety.

---

## **11. Acceptance of Terms**

By paying the deposit, you confirm that you have read, understood and agreed to these Terms & Conditions in full.

---

We very much look forward to welcoming you on this retreat and sharing a nourishing and enjoyable week together in Italy.