

Where the Mind Grows.

Autumn Retreat Terms & Conditions



Booking & Payment Terms

Deposit

- Payment is required upfront in advance of the retreat.
- A 25% discount code is available to redeem against Shared cabins only before the 31st March 2025.
- Coupon codes can not be used in conjunction with one another.
- WTMG obtain the right to introduce or withdraw discount coupons and offers in line with stated terms. This will not effect any purchases made.
- A non-refundable deposit option is available of 25% PP of the total retreat cost is required to secure your booking for shared cabin accommodation.
- Your place is confirmed only upon receipt of the deposit payment

Final Payment

- Full outstanding balance must be paid by 15th August 2026- Deposit payments.
- Failure to pay by this date may result in forfeiture of your deposit and cancellation of your booking

Cancellation Policy

By You

- **All deposits are non-refundable under any circumstances**
- Cancellations made after deposit payment will result in loss of deposit
- Cancellations made after final payment will result in loss of all fees paid
- If cancelling your place a non refundable balance of 25% will be retained by WTMG for loss/damages

- Cancellations made under 4 weeks from the event will be charged in full.
- Tickets are non exchangeable unless agreed with the proprietor (WTMG) under mitigating circumstances where another person will be supported to take your place- we reserve the right to deny this.
- We strongly recommend purchasing comprehensive travel insurance to protect against unforeseen circumstances

By Us

- We reserve the right to cancel the retreat due to insufficient bookings or circumstances beyond our control
- In the event of cancellation by us, you will receive a full refund of all payments made or the option to transfer to an alternative date

Accommodation

- Shared cabin accommodation is assigned basis of you knowing each other. You will not be asked to share with someone else you don't know.
- For this event you can secure your own accommodation choice
- All participants must respect the shared nature of accommodation and be considerate of fellow guests

Health & Safety

Medical Disclosure

- You must disclose any physical or mental health conditions, injuries, allergies, or medications that may affect your participation - via our retreat registration form, ahead of the event.
- This information is kept confidential and helps us ensure your safety and wellbeing
- Failure to disclose relevant health information may result in removal from the retreat, where it is deemed that the event is not suitable or risk cannot be managed safely.

Psychological Safety

- This retreat involves wellbeing coaching activities that may bring up emotional responses

- Participation in all activities is voluntary; you may opt out at any time without judgment
- Our facilitators are trained wellbeing coaches, with awareness of trauma informed practices. This is not therapy and we are not medical experts.
- If you are currently experiencing acute mental health difficulties, crisis, or trauma, please consult your healthcare provider before attending. This event may not be suitable for your needs.
- This retreat is not a substitute for professional medical or psychological treatment

Physical Activities in Nature

- Activities take place in a natural outdoor environment with inherent risks including uneven terrain, weather exposure, and wildlife
- You are responsible for wearing appropriate clothing and footwear. We will provide guidance on requirements as part of onboarding.
- You must follow all safety instructions provided by facilitators as well as paying attention to Health and Safety information and signage onsite.
- Participation in activities is at your own risk
- Risk Assessments are completed for all activities and delivered by trained/qualified practitioners and facilitators.

Emergency Situations

- In case of medical emergency, we will contact emergency services and your designated emergency contact
- We are not responsible for any medical costs incurred during the retreat

Insurance

We strongly recommend that all participants obtain:

- Travel insurance covering cancellation, interruption, and medical emergencies
- We and all our collaborators have up to date Public liability insurance

Conduct & Community Guidelines

- All participants must treat facilitators and fellow attendees with respect and kindness

- Discrimination, harassment, or threatening behavior will not be tolerated and may result in immediate removal without refund
- Alcohol and recreational drugs are not permitted during retreat activities
- We ask that you maintain confidentiality regarding personal information shared by others during the retreat
- Participants will be respectful of others faith or cultural practices.
- We require you to complete a retreat registration form, so we can ensure the event is accessible and reasonable adjustments made where possible relating to your needs. Please be honest in your disclosure.

Liability

- You participate in all retreat activities at your own risk
- We are not liable for loss, damage, or injury to persons or property except where caused by our negligence
- We are not responsible for lost or stolen personal belongings

Photography & Media

- Photos and videos may be taken during the retreat for promotional purposes
- Please inform us if you do not wish to be photographed – we will seek consent
- Participants should be respectful when taking photos and obtain consent from others

Changes to Programme

- We reserve the right to modify the retreat schedule, activities, or facilitators if necessary
- We will notify you of any significant changes as soon as possible
- Minor adjustments to the programme do not constitute grounds for refund

Force Majeure

We are not liable for failure to perform our obligations due to circumstances beyond our reasonable control, including but not limited to natural disasters, extreme weather, pandemic, or government restrictions.

Data Protection

Your personal information will be processed in accordance with applicable data protection laws and used solely for the purposes of administering your retreat booking and ensuring your safety and wellbeing.

Governing Law

These terms and conditions are governed by the laws of England and Wales.

Acceptance

By making a booking and paying your deposit, you confirm that you have read, understood, and agree to these terms and conditions.

Questions? Please contact us before booking if you have any questions about these terms or concerns about your suitability for the retreat. Please email JK McQuinn info@wherethemindgrows.co.uk

Last updated: November 2025