

## Terms & Conditions

It is mandatory for participants to procure their personal comprehensive travel insurance policy to cover any unforeseen circumstances, including cancellations.

Yoga with Loreta (the host) shall not be held responsible for any loss, damage, or injury incurred during the course of the retreat.

You are fully responsible for your yoga/meditation practice and any other activities you engage in during the holiday, including how they may affect you. In the event of any pre-existing injuries or health conditions, please consult with your physician before participating. Additionally, please inform the retreat host in advance about any health considerations to ensure a safe and enjoyable experience.

The deposit is refundable only if we cancel (very unlikely), otherwise, it is transferable to future retreats for up to 2 years from the payment date. Full payment must be made 30 days before the retreat starts.

Full payment refund policy:

- Up to 40 days before the event: Full refund
- Up to 30 days before the event: 50% refund
- Up to 15 days before the event: 10% refund
- 15 days or less before the event: No refund

Please carefully read the retreat's description to understand what is included and what is not in the price:

<https://yogawithloreta.com/retreats#algarve>

<https://yogawithloreta.com/retreats#puglia>

We (Yoga with Loreta and The Venue's Team) are committed to ensuring the security and confidentiality of your personal information. In compliance with GDPR, the host may use photos and videos taken during the retreat for promotional or documentation purposes.

It is your responsibility to ensure that you possess the correct passport, visa, and any other required immigration documents to travel to the destination of the retreat. Please verify and fulfil all necessary requirements well in advance of your travel dates.

We encourage all participants to embrace a positive outlook and cultivate an uncomplaining attitude throughout the retreat. Drawing inspiration from the principle of Santosha (contentment) found in Limb 2 of The Yoga Sutras of Patanjali, we believe in creating a harmonious and uplifting environment for all.

Should any concerns arise, we kindly ask participants to address them directly with the retreat host for prompt resolution.

Together, let's foster a space of joy, contentment, and mutual support.

P.S. There will be a light phone usage policy, which will be explained during the opening circle on the first evening.