

THE ART OF LIVING MINDFULLY

Part 1: Retreat Agreement

Please read this information carefully.

This Agreement is being made between Sarah McFadden ("Teacher"), Florentina Lam-Clark ("Teacher"), and you _____ ("Client").

We all legally agree to the following:

Program Description

You have enrolled in the Art of Living Mindfully Yoga Retreat. The inclusions of your package or program are as outlined on the website.

Our Responsibilities

As your Teachers (Sarah McFadden & Florentina Lam-Clark), our roles are to:

- ◆ Be on time and prepared for the retreat sessions and classes.
- ◆ Offer support and accountability throughout the retreat.
- ◆ Answer any questions you may have as they arise.
- ◆ Ensure you have all the information you need to make the most of the retreat.
- ◆ Arrange your accommodation, meals and inclusions as outlined on the website.

As the Client, it is your responsibility to:

- ◆ Show up on time at The Mill Retreat Centre for the commencement of the retreat.
- ◆ Advise us with as much notice as possible if you anticipate any delays.
- ◆ Arrange and pay for your own transport to or from the retreat centre, as well as any transportation you may use during the retreat. Ensure the timings of your transportation do not interfere or disrupt the timings of the retreat.
- ◆ Give 100% of your effort and fully commit to the retreat.
- ◆ Be open to new ideas, even if they challenge your existing beliefs.
- ◆ Promptly provide payment for the retreat.

- ◆ Only provide advice to others when asked and respect the processes of other participants.
- ◆ Maintain an attitude of flexibility and fun!

Costs and Payment

Payment: Your investment in the retreat is as per the website. If you paid by deposit, the remainder is payable no later than 7 weeks before the start of the retreat. We will be in touch closer to the time with a link to make the final payment.

Authorisation and Receipt: When making payment, you give us permission to automatically charge your credit or debit card as payment for the retreat for which you will receive an electronic receipt.

Refunds: We have invested considerable time and effort in planning this retreat, so if you pay by deposit, your deposit is non-refundable. If you pay in full, up-front, our cancellation policy allows a 50% refund up to 7 weeks before the start of the retreat. Any time after that you will remain fully responsible for the full cost of the retreat, and no refund will be provided.

However, at any point, you can give your spot to someone else. All requests for refunds or transfers must be received in writing to contact@sarah.yoga.

Liability

In registering for this retreat you agree we, Sarah McFadden and Florentina Lam-Clark shall not be held liable for theft or damage to personal possessions; personal injuries or medical conditions that develop during or after the holiday; or any costs, cancellations or changes incurred as a result of fire, natural disaster, war or threat of war, industrial action, technical problems with transport, airport closure or any other events beyond our control. You take part in the programme offered at your own personal risk.

Changes

We, Sarah McFadden and Florentina Lam-Clark, reserve the right to change the program schedule if necessary. We shall not be held liable or responsible for any expenses, including but not limited to lodging, meals, and transportation incurred by delays or other uncontrollable issues outside of our program. In the event that we need to cancel because of unexpected circumstances all monies paid to us will be refunded in full.

Travel insurance

We strongly recommend you purchase appropriate travel insurance.

Confidentiality

We will keep all information exchanged in preparation for, and during the retreat in strict confidentiality. We are prohibited from disclosing protected confidential information to anyone else without reason to know such information, except as when required by law or upon written authorisation by you.

Personal Responsibility & Disclaimer

You acknowledge that you take full responsibility for your health and well-being during the retreat. All yoga sessions are undertaken at your own risk. It is your responsibility in any yoga session to progress at your own pace and listen to your body. If at any point you feel discomfort or strain, you will let the teacher know and rest. You will advise us of any injuries, mental or physical health conditions (including pregnancy) and dietary requirements before you book.

We cannot be liable or responsible for any injury, medical or psychiatric condition, loss or damages, to person or property, resulting from the taking of a yoga session or coming on retreat. By signing this agreement you are consenting to this Disclaimer.

Other Important Terms

Termination: Either of us may terminate this Agreement with seventy-two (72) hours written notice to the other. E-mail notification is permissible and sufficient to the e-mail address as set forth at the end of this agreement. All payment and refund policy terms as written above in this agreement, and all of the terms of this Agreement, will still apply even after termination.

Governing Law: This agreement shall be construed according to the laws of the United Kingdom, and both parties shall comply with all ordinances, regulations and rules of the United Kingdom.

Dispute Resolution: It is hoped that should we ever have any differences, we could be able to work them out through a phone conversation or e-mail correspondence. However, should a dispute ever arise between us, you agree now that the only remedy that is available to you, or that can be awarded to you, is full refund of your Payment. No award of consequential or of any other type of damages may be granted to you.

By signing this Agreement, we are acknowledging that we have read, understood, agree to and accept all of the terms in this Agreement. Your registration in the retreat is not confirmed until this signed document has been received, and payment has been made.

Client Signature: _____

Name: _____

Date: _____

E-mail: _____

Teacher Signature: _____

Name: Sarah McFadden

Date: _____

Teacher Signature: _____

Name: Florentina Lam-Clark

Date: _____

Part 2: Travel Information

Our venue is The Mill Retreat Centre in Normandy, France and you can learn more about them here: <http://www.millretreatcentre.com>

Retreat Timeline

Our retreat begins on Thursday evening the 4th of July with a welcome session and ends on Monday the 8th of July around lunchtime. These are your arrival and departure dates.



Getting There

The suggested travel route if you're coming from the UK is to take the Eurostar from London to Calais Frethun (approx. 1 hour journey from London).

The most suitable trains to travel on would be:

DEPART: 12:58 – arriving in Calais at – 14:59.

RETURN: 14:01 – arriving in London at 14:05.

Calais Frethun station is approximately a 1.5 hour drive from The Mill Retreat Centre, and **we will be arranging a mini-bus to travel from Calais Frethun station to the retreat centre.**

If you would like to take the arranged mini-bus option it costs **£55 per person return.**

June 2019 update: the pricing on the Eurostar suggested departure train has increased quite a bit since we suggested this route. Therefore, if you are conscious of your budget, please consider the following travel alternatives:

- 1) Take the 08:54 – arriving in Calais at – 10:56 train for the journey to France. This time slot still has a lower fare. You could then wait at the station for a few hours for the rest of the mini-bus group, or you could take a bus/taxi into the centre of Calais for lunch or similar to pass the time.
- 2) Take the train to Dover, then the ferry from Dover to Calais. The Ferry is £50 return, or £30 one way. P&O ferries offer the most frequent trips, check them out [here](#). Be sure to select 'no vehicle (foot passenger)'.
 - a. Take the 11:10 departure from Dover which arrives at 1:40pm in Calais.
 - b. If you want to do the return via ferry also, choose the 15:20 which arrives into Dover at 15:50.
 - c. Check-in closes 1 hour before departure on the ferries, so those times would allow the minibus time to collect/drop you from the ferry terminal (which is about a 20min drive from the train station where the others will be).

Once you've booked your travel let us know by email at contact@sarah.yoga. Or if you have any questions feel free to reach out to us.

Details of other travel options such as flying or driving can be viewed on the Mill Centre [website here](#).

Please refer to the address below to plan your journey:

Address of the Mill Retreat Centre:

Mill Retreat Centre
Moulin de Breteuil
Breteuil
Route Treport (D316)
Montmarquet
Lafresguimont-Saint-Martin
80430
Somme
Hautes-de-France
FRANCE