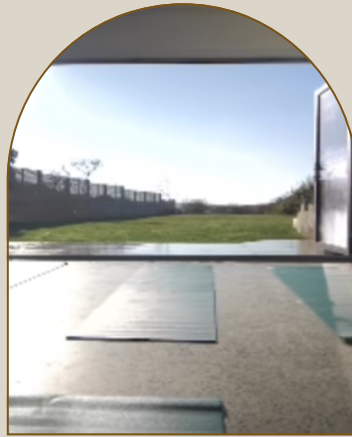


2027

YOGA & MINDFULNESS RETREAT



Whats included.....

- **3-nights** on the doorstep of Watergate Bay, Cornwall.
- Breakfast, lunch and dinner of **delicious veggie meals** prepared by the wonderful Joki.
- Purpose made **yoga studio**, large bifold windows to connect with the outdoors from the comfort of warm **bright open spaces** and **cosy corners** inside.
- 3km of **Beach**, the Atlantic **ocean** and the SW **coastal path**.
- 8 person **hot tub** while breathing in the nourishing sea air.
- **Yoga**, restorative **nidra** and optional group **workshops**.
- **Just 8 guests** means we will have time to discuss your yoga practice or simply relax in peace!

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YOGA & MINDFULNESS RETREAT

BOOKING TERMS

I agree to adapt my own yoga practice while on retreat. I understand my participation in any class or activity is entirely voluntary and at my own risk. I agree to consult a **medical professional with any concerns** before attending.

I agree to pay **£75 deposit by 30th April 2026** to secure my place. Bank transfer details: Name: Yoga Body Zen Mind Ltd.
Account no: 18886415. Sort code: 04-06-05.

I agree to pay the remaining **balance** no later than **30th September 2026**. I understand that should I need to cancel or make a change to my booking that can not be accommodated my deposit will not be returned.

It is my responsibility to make arrangements to arrive at the retreat on time and ensure the safety and security of my personal belongings during the retreat.

Cancellation Policy

Please do not attend if you or your household are showing any symptoms of Covid-19 in the ten days prior to the retreat. The venue has a strict no-refund policy, and so this transfers onto us too unfortunately. If you need to cancel for any reason after your deposit is paid your deposit will not be returned. Similarly, after you have paid the balance, this is non-refundable. Thank you for understanding. It is unlikely Kerrie will need to make changes or cancel the retreat but she reserves the right to do so, if necessary, in exceptional circumstances. You may choose to take out travel insurance.

An email reply or payment of the deposit will suffice as confirmation you accept these terms.

Thank you.

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YOGA & MINDFULNESS RETREAT



I am so delighted that you will be joining me!

If you have any questions whatsoever please get in touch. Kerrie xx