



GUIDELINES & CANCELLATIONS POLICIES

All clients are solely responsible for reading and following our guidelines. It is your responsibility to thoroughly read and understand the Terms and Conditions, and to clearly know the policy of the retreat.

RETREAT GUIDELINES

The **non-refundable deposit** is your commitment to sincere practice.

Attendance in all classes is advised as each class contributes to the next. If you experience any difficulties and cannot attend for any reason, please inform the teacher.

Internet access is available at all times during the day. We encourage people to take time off from using the internet for social interaction and use the internet solely as a research tool and for making arrangements.

TERMS AND CONDITIONS

Please carefully read the Terms and Conditions detailed below.

1. OBLIGATIONS OF THE RETREAT ATTENDANT

1.1. DEPOSIT

A non-refundable deposit amounting to 200€ is required. The deposit is payable by bank transfer via the registration form **on** the website of www.twistsandbeans.com. The deposit is payable by PayPal or any other means mutually agreed on by both parties. Any fees (bank fees, PayPal charges, etc.) incurred as a result of the selected payment method are payable by the retreat attendant. If the deposit has not been fulfilled at least 7 days after registration, the registration will be open for others. The Retreat Holders will make every effort to avoid this situation by contacting the attendant prior to and on the day of the balance due date.

1.2. FINAL PAYMENTS

Balance due 30 days prior to retreat payable by bank transfer via the registration form on the website of www.twistsandbeans.com.

1.3. HEALTH AND FITNESS

Any injuries, ailments, medical conditions, illnesses or recent surgeries should be discussed with the Retreat Holders. Your health and wellbeing is our priority and we may ask you to consult a doctor prior to booking or refuse to accept you on the course if we think it would be detrimental.

1.4. FLIGHTS AND TRANSPORTATION TO/FROM THE RETREAT

Flights and transportation to the Retreat site are not included in the price of the Retreat and it is your responsibility to arrive at the venue. If requested, the Retreat Holder can arrange a shared taxi from Lisbon (airport) with other participants, with payment directly to the taxi driver. The Retreat Holder will make every effort to keep these costs as low as possible by organizing a shared taxi.

1.5. PASSPORT, VISA AND RELATED ITEMS

You are responsible for obtaining and maintaining a valid passport and all other required travel documentation. The Retreat Holders are not responsible if you are denied entry or exit to/from the country due to a lack of the correct documents.

1.6. TRAVEL INSURANCE

We strongly recommend the purchase of travel insurance for the duration of the Retreat. You are solely responsible for ensuring that you are adequately insured for the full duration of the Retreat with respect to possible illness, injury, death, loss of baggage and personal items, cancellation and curtailment, or any other potential loss and damage. You will be solely responsible for any loss related to your failure to procure travel insurance.



2. OBLIGATIONS OF THE RETREAT HOLDERS

2.1. INCLUSIONS. The Retreat includes the following services, all of which are included in your total Retreat price:

- 4 nights accommodation
- 4 morning yoga sessions
- 4 evening yoga sessions
- Meditations and pranayama sessions
- 2 Raw Chocolate workshops
- 1 Raw Vegan Gourmet dinner workshop
- Walking Tour along the World Surf Reserve Coast Line (3 hours)
- 1 to 1 Yoga session
- Water, tea and fresh fruit all day
- 4 Vegan breakfasts, 4 dinners, 1 vegan lunch
- Use of yoga mats
- Use of Myofascial Massage balls

2.2. EXCLUSIONS. The Retreat does not include:

- Transportation
- Airport transfers
- Personal beverages
- Alcoholic beverages
- Souvenirs
- Insurances (travel, cancellation,...)
- Optional activities

3. ALLERGEN ENVIRONMENT

Food Allergies and Allergies Notification, Acknowledgement, and Release of Liability

An environment free of allergens, including but not limited to food allergens, CANNOT be guaranteed on the Retreat. Therefore, the released parties cannot guarantee that any particular food product is free of all **traces** of any particular allergen, that consumption of a food product will not result in some form of allergic reaction, or that the participant will not come into contact with any allergens while in attendance on the Retreat. The undersigned acknowledges and agrees that i) she/he is aware of such risks and that participation in the event will expose the participant to food, activities and persons that may result in exposure to allergens and injury and, in that regard and assuming such risks, the undersigned hereby fully releases and discharges the Released Parties from any and all liability and/or responsibility to the participant, the undersigned, or any third party for death and/or injuries to the participant, and/or any direct, indirect, punitive, incidental, or any damages that arise out of or relate to participant's participation in the Retreat and/or exposure to food allergens. Although the Retreat Holders will do everything it can to adapt the diet to the needs of the participant.

4. RETREAT CANCELLATION POLICY

4.1. By the Retreat Holders.

We reserve the right to cancel the Retreat prior to departure in the event insufficient guests are confirmed for the Retreat. In such an event, you will be entitled to a full refund of all amounts paid (including deposit) but in no event will we be responsible for any other amount, including preparation costs, airfares, transportation costs, travel documents, or any other losses or claimed damages. We highly recommend not to buy your ticket until there are 6 people registered and confirmed with deposit for the retreat. We will keep you informed with a maximum term of 3 months prior to the Retreat. The retreat runs with a minimum of 6 persons and a max. of 14.



4.2. By the Participant.

We regret that any cancellations within 30 days or less are subject to a cancellation fee in the amount of 100% of the retreat cost. If you cancel your participation in the Retreat for any reason, you will not be entitled to any refunds. The amounts paid, however, can be transferred to another person at no extra cost, at any time prior to the commencement of the Retreat. In that case, the person who cancelled is responsible to find another person. There will be no refunds for any classes, meals, or any other inclusions or portions of the Retreat missed by the retreat attendant, unless otherwise agreed with the Retreat Holders prior to booking.

The deposit of 200€ is required for registration. The deposit is non-refundable.

Remaining Balance:

- Remaining balance is due 30 days before the retreat start date. 3/4 of later payments may be refunded if you cancel more than 30 days prior to the first day of the retreat. No refund under 30 days prior to trip.
- If you cancel 0-29 days before the retreat start date, the remaining balance is not refundable

5. FORCE MAJEURE

If we are prevented (directly or indirectly) from performing any of our obligations under this agreement by reason of act of God, strike, trade dispute, fire, breakdown, interruption of transport, government or political action, acts of war or terrorism, acts or omissions of a third party, or for any other cause whatsoever outside of our reasonable control, we will be under no liability whatsoever to you.

6. ASSUMPTION OF RISK.

While we are dedicated to ensuring the safety of all guests, all individuals participating in the Retreat must assume the risk inherent in travel and yoga practice.

7. RELEASE AND WAIVER OF LIABILITY.

By reserving your place on the Retreat you agree, to the maximum extent permitted by law, to release, waive, discharge, hold harmless and indemnify the Retreat Holders from any and all claims, damages, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, lost earnings, consequential, exemplary, direct, indirect or punitive damages or otherwise which may arise out of or occur during your travel and/or stay in connection with the trip, the Retreat, or any activities conducted in conjunction therewith, unless caused by the gross negligence or willful misconduct of the Retreat Holders; and regardless of the situation or circumstances giving rise to the claim, you hereby permanently waive any claims you have or may at any time have, against the Retreat Holders.

You are medically, physically, emotionally and in all respects fit and able to participate in the Retreat. You agree you will be fully and financially responsible for your own physical condition and well-being during the retreat and will follow the safety precautions and instructions prescribed by the Retreat Holders.

You acknowledge that the Retreat Holders may make suggestions from time to time that are intended to help you and your well-being. However you take ultimate responsibility for your choices and realize that the Retreat Holders are not licensed medical providers and that you must consult a doctor if needed.

If you experience pain or discomfort during the Retreat, you will modify the teacher's instruction to suit your individual needs. You will not hold the teacher/Retreat Holders responsible for any pain or discomfort you experience during or after the retreat. You understand that the activities offered on this Retreat are not a substitute for medical care. You understand that the Retreat Holders are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat physical or mental illness.

For the benefit of everyone on the Retreat, the Retreat Holders reserve the right to accept or reject any participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the retreat, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the retreat. The Retreat Holders will carry no responsibility or liability for any participant who leaves the retreat prior to its conclusion.



8. INSURANCE.

You are strongly advised to obtain travel insurance to cover against loss resulting from trip cancellation or interruption, weather, natural disaster, strike, illness, injury, job reasons, accident, sickness, evacuation, pre-existing medical conditions, baggage delay, loss, theft, and other losses associated with travel. You acknowledge that whether or not you elect to purchase or not purchase travel insurance, you will not look to the Retreat Holders for reimbursement for any loss suffered or occurring during your travel and/or stay.

9. MEDIA

Permission for Capture and Use

Media is defined as photography, video, written or verbal testimonial, or any other form of capturing likeness. For valuable consideration received, you grant to the Retreat Holders the absolute and irrevocable right and unrestricted permission concerning any captured media that she/he has taken or may take of me or in which I may be included with others, to use, reuse, publish, and republish in whole or in part, individually or in connection with other material, in any and all publishing platforms now or hereafter known, including the Internet, and for any purpose whatsoever, specifically including illustration, promotion, art, editorial, advertising, and trade. You release and discharge the Retreat Holders from any and all claims and demands that may arise out of or in connection with the use of the media, including without limitation any and all claims for libel or violation of any right of publicity or privacy. This authorization and release shall also inure to the benefit of the heirs, legal representatives, licensees, and assigns of Photographer, Videographer, Interviewer, Editor, as well as the person(s) for whom he/she captured the media. The Retreat Holders will first address the participant before any publication is executed.

QUESTIONS?

You are a legally competent adult and have the right to contract in your own name. You have read this document and fully understand its contents. If you have any questions regarding our policies, please contact the Retreat Holder via email at info@twistsandbeans.com.