



WOMEN'S YOGA RETREAT LITHUANIA

All guests 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

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

Digital Detox: Wifi is available; however, we encourage a digital detox to foster social interaction and mental rest.

Alcohol-Free: This reset retreat focuses on rebalancing mind, body, and soul. In line with this wellness approach, the retreat is alcohol-free.

TERMS AND CONDITIONS

1. OBLIGATIONS OF THE RETREAT ATTENDANT

1.1. DEPOSIT

A **non-refundable deposit of €350** is required at the time of reservation to secure your spot. This deposit represents your commitment to the retreat and is **strictly non-refundable and non-transferable** to other persons under any circumstances, including cancellations for late bookings made less than 60 days before the start.

The deposit is payable by bank transfer via the registration form on www.twistsandbeans.com/retreats or other agreed methods. Any transaction fees (bank/PayPal) are payable by the participant.

1.2. FINAL PAYMENTS

- **Standard bookings:** The remaining balance is due 60 days prior to the start date of the retreat.
- **Late bookings:** The non-refundable deposit is due immediately. The remaining balance must be paid within three weeks of the registration date, and **at the latest 30 days before the retreat starts.**
- **Last-minute bookings (within 30 days of departure):** If you register less than 30 days before the start, the full amount (deposit + balance) is due immediately.
- **Early Bird rate** is available for a limited number of spots and for a limited duration, as determined by the host. Early Bird tickets are subject to availability. Once the allocated spots are sold out or the Early Bird period ends, the regular rate will apply automatically.

1.3. TRANSPORT & FLIGHTS

Flights: Transportation to Lithuania (flights) is not included. Participants are solely responsible for booking their own flights. The Retreat Holder is not liable for any flight delays, cancellations, or missed connections.

Local Transport (Shuttle Service):

- A group shuttle service is available for an **additional fee and exclusively on request.** Participants must notify the Retreat Holder in advance if they wish to use this service, which operates **only between Vilnius Airport (VNO) and the retreat venue.** Please note that the return shuttle on the final day is **strictly a direct transfer to Vilnius Airport.** The Retreat Holder cannot accommodate requests for tailor-made drop-offs at other locations (e.g., hotels, city center, or train stations). Upon arrival at the airport, participants with later flights can use the airport's luggage storage facilities to explore the city of Vilnius independently.
- **Kaunas Airport (KUN):** Please note that our local partners do not operate from Kaunas. If you choose to fly into Kaunas, you are solely responsible for arranging and financing your own transportation (e.g., rental car, bus, or taxi) to the retreat venue or to the shuttle meeting point in Vilnius.
- The Retreat Holder will make every effort to coordinate the group shuttle efficiently to keep costs as low as possible for the participants.

1.4. ARRIVAL & DEPARTURE TIMES

Participants are required to respect the designated arrival and departure times as communicated by the Retreat Holder. It is **not possible to arrive at the venue earlier** than the scheduled check-in time, nor is it possible to **extend your stay** at the venue



after the scheduled check-out. If your travel arrangements (flights) require an earlier arrival or later departure from Lithuania, you are responsible for arranging your own independent accommodation and transportation outside of the retreat dates.

1.5. MANDATORY TRAVEL INSURANCE

For this international retreat, it is mandatory for participants to have valid travel insurance. This insurance must cover medical expenses, personal accidents, and emergency repatriation. We also strongly recommend **cancellation insurance** to cover your costs in case you are unable to attend due to unforeseen circumstances.

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:

- 5 nights' accommodation in Lithuania.
- Full board: All vegetarian meals (breakfast, lunch, brunch, snacks, dinner & dessert).
- All yoga & movement sessions (Vinyasa, Yin, Myo Yin, Nidra), Pranayama, and Meditation.
- Special Activities: Sound bath, SUP water tour, guiding forest tour, traditional sauna session.
- Access to sauna facilities (within predefine time slots) and natural swimming lake.
- Water, coffee, tea, and fruit are available all day.

2.2. EXCLUSIONS & PROGRAM CHANGES

Exclusions: Flights, shuttle transfers, travel/cancellation insurance, and personal souvenirs.

Changes: The Retreat Holder reserves the right to make small adjustments to the program or local staff if required by weather conditions or unforeseen circumstances, without the right to a refund.

3. PAYMENT AND CANCELLATION POLICY

3.1. Cancellation By the Retreat Holder

The retreat runs with a maximum of 15 persons. If this number is not met, the Retreat Holder reserves the right to cancel the retreat. In this event, you will receive a **full refund of all amounts paid (including deposit)**. The Retreat Holder is not responsible for expenses paid to third parties (e.g., flight tickets).

3.2. Cancellation By the Participant.

A non-refundable deposit of **€500** is required at the time of your reservation to secure your spot. The deposit **cannot be transferred** to another person if you cancel.

Default on payment: If the remaining balance is not received by the specified deadline (60 days prior for standard bookings, or the agreed deadline for late bookings), the Retreat Holder reserves the right to cancel your reservation. In this case, the **€500 deposit remains non-refundable**.

More than 60 days before start: 100% refund of the remaining balance (excluding the €500 deposit).

Between 30 and 60 days before start: 50% refund of the remaining balance (excluding the €500 deposit).

Less than 30 days before start: No refund is possible. Both the deposit and the remaining balance are non-refundable.

4. ALLERGEN ENVIRONMENT

An environment free of allergens, including but not limited to food allergens, can't 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.

5. RELEASE AND WAIVER OF LIABILITY

5.1. Waiver of Claims

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 Holder 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 Holder. 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 Holder.

5.2. Personal Responsibility & Conduct

You confirm that you are medically, physically, and emotionally fit to participate in the Retreat. You agree to be fully and financially responsible for your own physical condition and well-being. You acknowledge that the Retreat Holder is not a licensed medical provider and cannot perform diagnose, or treat physical or mental illness. If you experience pain or discomfort, you will modify the teacher's instructions to suit your needs; the Retreat Holder is not responsible for any discomfort experienced during or after the retreat.

Furthermore, the Retreat Holder reserves the right to reject or expel any participant who is disruptive to the harmony of the retreat, at its sole discretion and without any obligation to pay a refund. The Retreat Holder carries no responsibility or liability for any participant who leaves the retreat prior to its conclusion.

6. LIABILITY & RISK

6.1. Assumption of Risk

If the Retreat Holder is 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, the Retreat Holder will be under no liability whatsoever to you.

Participants assume all risks inherent in travel and yoga practice. You acknowledge that the Retreat Holder is not a licensed medical provider and you are responsible for your own physical and mental well-being.

6.2. Third Party Services

The Retreat Holder acts as an intermediary for services provided by local partners in Lithuania (accommodation, catering). We are not liable for any default or deficiency on the part of these local service providers.

7. MEDIA & PRIVACY

The Retreat Holder will always ask for verbal consent before publishing photos or videos of participants for promotional purposes.

FINAL DECLARATION

By booking this retreat, you confirm that you are a **legally competent adult** and have the right to contract in your own name. You acknowledge that you have read this document and **fully understand its contents**, including the cancellation policies and insurance requirements.

If you have any questions regarding our policies, please contact the Retreat Holder (Sabine Boone) via email at info@twistsandbeans.com.