

Booking Terms & Conditions

Italian Yoga Retreat, Abruzzo | 22–29 September 2026

Hosted by Rachel (In the Flow) and Dionne

These Terms & Conditions apply to all bookings made for the Italian Yoga Retreat in Abruzzo, taking place from 22–29 September 2026. By making a booking, you agree to the following terms.

1. Booking & Deposit

- A non-refundable deposit of **£400** is required to secure your place on the retreat.
 - Your booking is only confirmed once the deposit has been received in full.
 - Places are limited and allocated on a first-come, first-served basis.
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2. Payment Schedule

- **Deposit:** £400 due at the time of booking
- **Balance:** Due no later than **22 June 2026** (12 weeks prior to the retreat start date)

If you book after 22 June 2026, full payment is required at the time of booking.

3. Pricing & Early Bird Places

- Early Bird places are available up to 31st Jan 2026.
 - From 1st Feb 2026, standard pricing will apply.
 - All prices are per person and include accommodation, meals at the villa, yoga sessions and retreat hosting as outlined in the retreat programme.
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4. Cancellations by You (Guest)

All cancellations must be made in writing to hello@beinthe flow.co.uk

- The deposit of £400 is **non-refundable under all circumstances**.
- For cancellations made **before 22 June 2026**:
 - Any balance paid beyond the deposit will be refunded.
- For cancellations made **on or after 22 June 2026**:
 - Unfortunately, no refund can be given.
- This cancellation policy for overrides any other cancellation policy information found on the website.

We strongly recommend that all guests take out comprehensive travel insurance, including cover for cancellation and curtailment.

5. Transfers

- If you are unable to attend, you may transfer your place to another person, subject to our approval.
- We must be notified by email to hello@beinthe flow.co.uk at least **14 days before** the retreat start date.
- Any difference in room price or booking cost must be paid by the replacement guest.

6. Cancellations or Changes by Us

- In the unlikely event that the retreat is cancelled (for example, due to insufficient bookings or circumstances beyond our control), all payments received will be refunded in full.
- We cannot accept responsibility for any additional costs incurred by guests, including but not limited to flights, insurance, or personal expenses.

7. Travel & Insurance

- Guests are responsible for arranging their own travel to and from Italy.
- Group airport collection from Rome airport is included for the designated arrival flight only.
- All guests must hold valid travel insurance for the duration of the retreat, including medical, personal liability and cancellation cover.

8. Health & Fitness

- By booking, you confirm that you are physically and mentally fit to participate in yoga classes and retreat activities.
 - Please inform us in advance of any injuries, medical conditions, allergies or special requirements.
 - All yoga and physical activities are undertaken at your own risk. You are responsible for working within your own limits and seeking guidance where needed.
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9. Accommodation & Shared Spaces

- Rooms are allocated on a first-come, best-fit basis according to availability.
 - Shared bathrooms and communal areas form part of the retreat experience and we ask all guests to use them respectfully and considerately.
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10. Responsibility & Liability

- Rachel and Dionne cannot accept responsibility for any loss, damage or theft of personal belongings during the retreat.
 - Participation in all activities is voluntary and undertaken at your own discretion and risk.
 - We reserve the right to refuse participation in any activity if we believe it may pose a risk to your health or safety.
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11. Data Protection & Privacy

- Any personal data collected at the point of booking will be held securely in Bookwhen, the online booking system owned by In the Flow (Rachel), and managed in line with the privacy policy shown at the time of booking.
 - For the purposes of organising this Italian Yoga Retreat, limited information (such as names, booking status and dietary requirements) will be shared only with Dionne, partner organiser of the retreat.
 - No other personal information will be shared and no data will be passed to any third parties.
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12. Acceptance of Terms

By paying the deposit, you confirm that you have read, understood and agreed to these Terms & Conditions in full.

We very much look forward to welcoming you on this retreat and sharing a nourishing and enjoyable week together in Italy.