

BOOKING TERMS & CONDITIONS

The cost for the retreat from 17.00 Monday May 12TH - 12.00 Saturday May 17TH 2025 in La Taha, Alpujarras, to include all tuition, accommodation and food (travel to La Taha is not included in the price) is

€895* triple room shared occupancy per person

€995* double room shared occupancy per person

€1195* single occupancy per person

***Bookings before 1st March 2025 will receive €100 discount**

You can reserve a place on the retreat with a deposit of €250 per person. Your deposit is fully refundable (less an administration fee of €50) until March 15th 2025. The full balance of your fee is payable by 15th March 2025. Registrations after this date will require payment of the full fee on registration.

Cancellations from March 15th 2025 until midnight April 12th 2025 will receive a 50% refund. However, you may transfer your booking to another person or, if we can fill your place, you will receive a full refund less a €50 administration fee

Cancellations after April 12th 2025 are not refundable. However, you may transfer your booking to another person or, if we can fill your place, you will receive a full refund less a €50 administration fee.

Cancellations must be received by email from your personal email address.

Cancellations by Organiser: In the unlikely event that we need to cancel the retreat, participants will receive a full refund, including the deposit.

Please note that the organiser is not responsible for any additional expenses incurred, such as flights or travel insurance, or transportation costs to the retreat.

TRAVEL INSURANCE

We strongly recommend that you take out good travel insurance that will cover you for any losses due to unforeseen circumstances such as cancellation, illness or travel delays.

(N.B. The European Health Insurance Card (EHIC) can still be used if its expiry date is valid; after that, it must be replaced by the Global Health Insurance Card (GHIC), obtainable from www.nhs.uk/ghic. Both cards cover medical treatment but not ambulances or residential charges for hospital stays).

By making a booking you agree to these terms and conditions. If you wish to make a booking please contact us and we will send you payment details:

Colin Beattie (UK) colin@helpyourself.me.uk / +44 7905 300143

Nuria Vera Lorente (Spain) nuveloren@gmail.com / +34 667 849 089

Joshua Bridgwater Hamilton(USA) jbhami01@gmail.com / +1 802 7018832