



Terms and Conditions

Payment:

Payment is required in full at the time of booking a place on the course.

A course place can only be secured once full payment is received. This can be done online via Paypal where you can use a credit or debit card or the Paypal option.

Bank transfer payments can be organised on request.

Cancellations:

Should you wish to cancel a workshop booking, provided a full month's notice is given, prior to the workshop date, the workshop fee, less a £10 administration fee will be refunded. After this time no refund can be given.

If for some reason the course cannot go ahead, a full refund will be given.

Course Attendance:

Recording in any form, of any part of the workshop is strictly prohibited.

The sharing of printed / online course materials is prohibited

Please do not share any of the information that is discussed by participants on the workshop, as this is confidential

Please note the workshops are intended for people who have an interest in mindfulness. They are not a replacement for mental health support or an alternative to any form of therapy. If you are unsure as to whether now is the right time for you to undergo a mindfulness workshop due to any mental or physical health concerns, please discuss this before booking.

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