

Terms and Conditions: Mindful Work and Simply Being Present

The basis of our work and disclaimer

Mindfulness is a wonderful practice. It helps us explore how our mind works. This process of exploration can be uncomfortable and challenging at times.

For this reason, **we do not recommend that anyone with chronic or acute depression, anxiety or other significant mental health problems or instability embarks on a mindfulness programme, at least without the close support of a health professional.**

Responsibility for mental health impacts rests with the user or his/her health professional. Mindfulness, whilst deeply therapeutic, is not a therapy as such. It is not a replacement for counseling or other therapeutic, psychological or medical interventions. Rather, it is an opportunity for growth and unfolding.

Privacy policy

We will hold a database of contact information for all individuals and organisations with whom we have had contact in the course of our professional activities. This will be used for internal marketing purposes only. Contact details will be held also in a Mailchimp list that we will use for sending occasional emails. We will not share your information with any other party.

Cancellation policy

If bookings for retreats, training or coaching are made and cancelled at short notice for any reason, we may not fill that time again, so we lose the fee-earning opportunity. Therefore we hope that you will be happy with our cancellation policy as follows:

Deposits are non-refundable.

Once a full booking is made, if cancelled earlier than 1 month before the booked time: 50% of the cost excluding deposit is returned; if cancelled later than 2 weeks before the booked time: 0% returned.

If training or coaching has to be cancelled for health reasons in the course of the training, or if the trainer considers that the work or retreat should terminate for any reason, that session will be payable in full but a full refund or pro-rata refund will be made for any subsequent coaching bookings or days left on retreat.