

TERMS & CONDITIONS

SELF-COMPASSION IN NATURE RETREAT FOR PROFESSIONALS

(30 November-5 December 2022)

2184 Springbrook Rd, Springbrook QLD 4213



MindfulPath

ARRIVAL AND DEPARTURES

Arrival is from 3:00 pm on Wednesday 30 November 2022. The 5-day Retreat will finish at 2:00 pm on Monday 5 December 2022.

ACCOMMODATION

You will be provided with your own room with a single bed. There are six bedrooms for each toilet block which has two showers and two toilets. We request for all the participants to take all reasonable care of the Retreat and to leave their rooms clean and tidy.

LINEN

Please note that you will need to bring your own sheets, a pillow slip and a towel. Blankets and pillows are provided. If this is not possible, please let us know and for a hiring fee of \$60.00, we will provide you with the linen required: sheets, a pillow slip and a towel.

COVID-19

- We require every participant to be fully vaccinated or have a valid medical exemption.
- In addition, if during the Retreat you are experiencing Covid-19 symptoms, you will be required to take a Rapid Antigen Tests RAT (RAT will be available during the Retreat but you can also bring your own).
- Please let us know if you have any symptoms of Covid-19 or if you had recent exposure to the virus. If your booking is affected by COVID-19 restrictions such as lockdown or isolation, you will be fully refunded.

PHYSICAL AND MENTAL HEALTH

- Please advise us of any mental or physical health conditions, disabilities, and dietary requirements upon registration.
- If you are pregnant or have any injuries, physical or mental health issues, or medical conditions that may affect your ability to participate in the Retreat please advise the organiser MindfulPath so that they can assess if it is suitable for you to attend the Retreat.

SPECIAL DIET REQUIREMENTS

- Please let us know if you have special diet requirements at least three weeks before the start of the Retreat.
- We can only provide for gluten-free, dairy-free, vegetarian, and vegan diets.
- We will be using a basic kitchen where food of all kinds is being prepared and there may be contamination. We will do our best to ensure that your requirements are met but we cannot guarantee that complex, strict, special requests will be met and will have no liability to you if they are not.
- If you are concerned and you know that you require a very strict diet or have severe allergies, you will need to bring your own food. You will be able to keep your own food in a special box in the large fridge.

CODE OF CONDUCT

- All participants are asked to keep a friendly silence from the first evening of the retreat until the morning of the last full day. All forms of communication with other participants are to be kept to a minimum. Communication with the outside world is also strongly discouraged unless there is an emergency. The participants will keep their phones silent and avoid carrying their phones.
- Participants can speak with the teacher, co-teacher, or manager if they have any concerns related to food, accommodation, health, and wellbeing.
- During the Retreat the expectation is that all participants will behave in a way that is considerate, courteous, and compassionate.
- Please refrain from wearing perfume, or burning incense
- The participants will be asked to take turns in kitchen duties such as food preparation and cleaning the dishes
- All the rooms in this Retreat Centre are strictly non-smoking. No alcohol or recreational drugs are to be consumed during the Retreat
- We reserve the right to ask any participants to leave if they cause a nuisance to others, fail to follow directives, wilfully damage the property, are consuming alcohol/recreational drugs, or act unlawfully. No refund will be given if asked to leave.

DISCLAIMERS

- The guided meditations, interviews and self-reflective exercises presented during the Retreat are in no way intended as a substitute for medical treatment, or psychological counselling. The Retreat and the included activities and exercises are not intended as a replacement for medical advice, diagnosis or treatment of pathological conditions.
- If you have an acute or chronic physical or mental illness you should consult with your medical practitioner or health care provider to check if your participation in the Retreat is suitable for someone in your condition as well as to let the organiser MindfulPath of this Retreat know.
- During the Retreat, if you have specific health-related questions, you should call your medical practitioner or other healthcare providers for their professional advice.

LIMITATION OF LIABILITY

- When you register for the Retreat, you are accepting all our Terms and Conditions.
- While all measures are taken to ensure a high standard of health and safety, as a participant, you are responsible for your own safety and well-being when walking or attending the sessions at the Retreat. When you are using bush tracks on the property, we cannot accept any liability for any accidents, incidents, or injury relating to these activities whilst on the property. It is your responsibility to act wisely and take good care of yourself.
- While the organizer MindfulPath will take all due care of you throughout the Retreat, they are in no way responsible for any illnesses which may be incurred.
- Security for your possessions while staying at the Retreat is your responsibility, and we shall not be responsible for any losses you may incur.
- You will be required to sign a Release of Liability in the Registration Form.

CANCELLATION POLICY

The cancellation policy is as follows:

- If the retreat is cancelled because of a Covid-19 lockdown, you will be fully refunded.
- If you make the payment and cancel 28 days before the start of the Retreat you will be fully refunded minus the booking fee of \$50.00.
- If you cancel 14-28 days prior to the Retreat you will be refunded 50% of your payment.
- If you want to cancel less than 14 days before the Retreat, you will be given a 25% refund of your payment.
- Sorry, there will be no refund 7 days prior to or during the retreat.

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<https://www.mindfulpath.com.au/>