



Terms and Conditions



Whispers of Sand and Air

A morning of Yogic Breathing and SandStory

These Terms & Conditions apply to all bookings for Whispers of Sand and Air.

By reserving a place or attending the retreat, you agree to the following terms, which comply with UK consumer protection legislation.

1. About Us

Whispers of Sand and Air Sunday morning retreat

Location: St Basil's Church Hall, Bassaleg.

Contact: Sarah Hart trading as Inner Light Yogic Breathing & Donna Stone trading as Dobbie Stones

2. Booking & Payment

1. Your booking is confirmed once full payment has been received.
3. You confirm that the information you provide during booking is accurate and up to date.
4. You must be 18 years or older to book.

3. Your Right to Cancel (UK Consumer Law)

Under the UK Consumer Contracts Regulations, the 14-day cooling-off period does not apply to leisure or wellbeing activities scheduled for a specific date.

However, we offer the following cancellation terms to ensure fairness:

- More than 14 days before the retreat: Full refund or credit.
- 7–14 days before the retreat: 50% refund or credit.
- Less than 7 days before the retreat, or no-show: No refund or credit.

Refunds will be issued to the original payment method within 7–10 working days.

4. Cancellation or Changes by Us

If we must cancel the retreat (e.g., illness, venue issue, low numbers), you will receive a full refund or the choice to transfer to a future date.

We are not responsible for additional costs (e.g., travel, accommodation) that you may incur.

If minor changes are required (time adjustment, facilitator substitution), we will notify you as soon as reasonably possible.



Terms and Conditions - continued

5. Health, Wellbeing & Safety

- a. By attending the retreat, you confirm you are physically and emotionally able to participate in light wellbeing activities.
- b. You must disclose any relevant health information beforehand.
- c. The retreat is not a replacement for medical, psychological, or therapeutic treatment.
- d. Please consult a healthcare provider if unsure.

6. Participant Conduct

Participants agree to maintain respect, confidentiality, and appropriate behaviour. We may ask anyone to leave if necessary for group safety; no refund will be given.

7. Personal Belongings

You are responsible for your belongings; we are not liable for loss or damage.

8. Intellectual Property

All retreat content remains the intellectual property of the facilitators and may not be copied or distributed without permission.

9. Photography, Audio & Video

No photography or recordings of participants without explicit consent. Promotional photos will only be taken with your permission.

10. Liability Limitation

We do not exclude liability for death or personal injury caused by negligence. Otherwise, we are not liable for accidental injury, emotional responses, personal item loss, or indirect losses. Participation is voluntary.

11. Accessibility & Inclusion

Please contact us before booking with any access needs so we can confirm accommodations.

12. Data Protection (UK GDPR)

We only collect necessary data. It will never be sold or shared without consent except where required by law.

13. Changes to These Terms

We may update these Terms; the version at booking applies.

Contact Us

For questions or requests:

Sarah - sarahhartinnerlightyoga@outlook.com

Donna - dobbiestones@gmail.com

