

TERMS & CONDITIONS

SELF-COMPASSION IN NATURE RETREAT FOR PROFESSIONALS

22 October-27 October 2023

Mt Carmel Retreat Centre, 247 St Andrews Rd, Varroville NSW 2566



ARRIVAL AND DEPARTURES

Arrival is from 2:00 pm on Sunday 22 October. The 5-day Retreat will finish at 1:00 pm on Friday 27 October 2023.

ACCOMMODATION

You will be provided with your own room with a single bed and your own ensuite with free Wi-Fi. We request for all the participants to take all reasonable care of the Retreat Centre and to leave their rooms clean and tidy.

LINEN

Please note that all linen is provided: bath towel, pillow, pillowcase + fitted sheet, top sheets, and blanket.

COVID-19

- 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 prior the retreat.

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, of MindfulPath, Marie Bloomfield, so that she 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 two weeks before the start of the Retreat.
- We can only provide for Vegetarian, Dairy-free, Lactose-free, Gluten-free and Nut-free
- For other dietary needs, you may need to consider bringing in your own food.
- The Centre has a kitchen where food of all kinds is being prepared and there may be contamination. The kitchen staff will do their best to ensure that your requirements are met but they 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.

CODE OF CONDUCT

- All participants are asked to keep a friendly silence starting 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 discouraged unless there is an emergency. We will ask the participants to keep their phones silent and avoid carrying their phones.
- Participants can speak with the teacher, co-teacher, or manager at anytime, 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 toward others and themselves.
- Please refrain from wearing perfume, or burning incense.
- 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

- We believe that this Retreat will be most beneficial if you have already been introduced to mindfulness and self-compassion. This Retreat is not group therapy and does not replace psychological or psychiatric individual treatment and it may not be suitable if you have certain medical-psychiatric conditions.
- If you are receiving treatment for a serious physical or health problem or have a history of a serious physical or mental health disorder, 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 inform the organiser Marie Bloomfield.
- The Retreat consists of an educational and self-practice program to build emotional resources and is not a substitute for medical or psychological treatments.
- The emphasis is on skill-building to enhance emotional resources and personal capacities to learn for ourselves and to teach others.
- 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 of 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. 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 of MindfulPath, will take all due care of you throughout the Retreat, they are in no way responsible for any illnesses which you 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 are required to sign a Release of Liability in the Registration Form to complete your booking.

CANCELLATION POLICY

The cancellation policy is as follows:

- 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 \$200.00.
- 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.

Marie Bloomfield, B. Sc., M. Psychol., MAPS, College of C. Psych. PSY0001135492
Mindful Path trading under Bloomfield Psychology ABN 12150010923

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