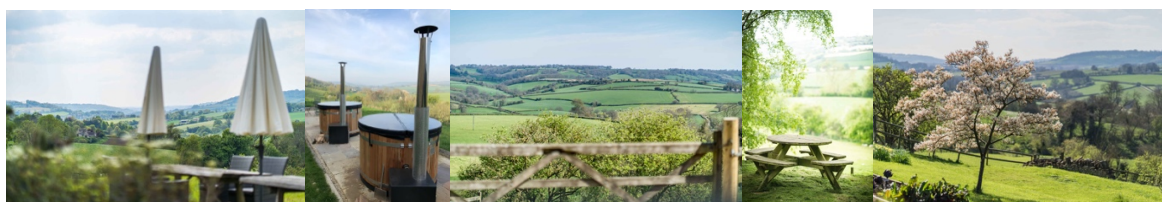


YOGA WITH LYNNE

SPRING RENEWAL
~ WEEKEND RETREAT IN THE COTSWOLDS ~

MAY 13-15 2022



Hello! Thank you for your inquiry to join me in the picturesque beauty of the Cotswolds next May as Spring blooms around us. I am so looking forward to welcoming you to this wonderful, peaceful farmhouse for three days of joyful yoga & meditation, exploration, and blissful relaxation - all rooted in stunning surroundings, comfy accommodation and nourished by wholesome home cooking.

There will be plenty of downtime to explore the countryside at your leisure, soak in the hot tubs, steam in the sauna, receive a massage, and immerse yourself in the tranquility of the farm. I reckon we all deserve a good bit of pampering! Here's a little more information on what to expect:

THE FARMHOUSE

Our home for the weekend is **Lower Rudloe Farm**: a farmhouse and collection of buildings dating from the 17th Century nestled in 18 acres of fields and woodlands along one side of the beautiful Bybrook Valley. There's plenty of indoor and outdoor communal space to explore, including a spa with incredible views of the rolling hills (2 cedarwood hot tubs, and a sauna), as well as the Cotswold countryside beyond...so many possibilities in which you can embrace rest, revitalise and replenish yourself.



Our yoga practices will take place in a large, converted barn, and will be fuelled and nourished by Shell's wholesome home cooking. As a yoga teacher herself, Shell really understands the journey of a yoga retreat, and has designed a fabulous menu bursting with fresh seasonal produce, colourful combinations, and tasty treats to delight us throughout the weekend.



GETTING THERE

From London

Train: Direct from Paddington to Chippenham (1hr 10) or Bath Spa (1hr 20). From either station about 15-minute taxi ride. I can coordinate taxi-shares.

Driving: approx. 2-2.5 hours from Central London. I can coordinate car shares too.

From Bristol

Train: From Temple Meads to Bath Spa (15 mins). Then 15-minute taxi ride. I will coordinate taxi shares.

Driving: approx. 40 mins from central Bristol. I can coordinate care shares too.

ACCOMMODATION – OPTIONS & PRICING

We have space for 16 guests in a mix of private, twin, double and triple rooms – some en-suite, some sharing a bathroom.

Rooms will be allocated on a first-come, first-served basis. Please indicate your choice of room via email with me when paying your deposit. Payment plans are totally possible – please just ask and we'll sort something out to work for you!

Early-bird prices valid until 13 December 2021.

A deposit of £150 is required to secure your place.

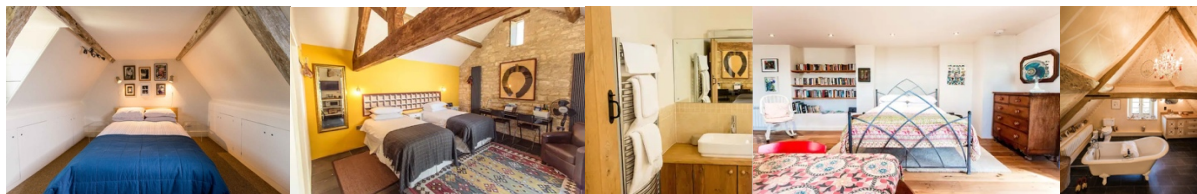
Double or twin room en-suite (2 people sharing) - £445 per person (£395 earlybird)

Single-occupancy room, shared bathroom - £445 per person (£395 earlybird)

Double room, shared bathroom (2 people sharing) - £395 per person (£345 earlybird)

Large triple room en-suite with private roof terrace & living area - £395 per person (£345 earlybird)

Triple room en-suite - £345 per person (£295 earlybird)



WHAT'S INCLUDED

Throughout the weekend I will be sharing the transformative practices I hold dear: vinyasa, mandala, yin, restorative, nidra, chanting, pranayama (breathing), mindfulness meditation and much more. So you can expect:

- 2 nights' accommodation
- Unlimited use of hot tubs and sauna
- All your meals, plus teas & coffees
- 3 days of guided meditation & yoga
- Opportunity for one-to-one sessions with me to ask questions & play, receiving personal guidance & support
- as much or as little yoga as suits you!
- a few other little surprises I have up my sleeve...

WHAT'S NOT INCLUDED

- travel
- extra treatments: I have arranged for my absolute favourite massage therapist to be available to you throughout the weekend.

SAMPLE SCHEDULE (this may change)

Friday 13 May

3pm Check-in & Free Time (sauna, hot tub, countryside walk, bath, massage, curl up with a book, chat amongst new friends...)

5.30pm Flow to Restore Yoga

7.00pm Dinner & Free Time

Saturday 14 May

7.30 am Tea & Fruit

8.30am Morning Meditation and Yoga

10.30am Brunch and Free Time

1.00pm Light lunch available throughout the afternoon.

5.30pm Yin Yoga

7pm Dinner & free time

Sunday 15 May

7.30am Tea & Fruit

8am Meditation

8.30am Breakfast and Free time

11.00am Morning Yoga

12.30pm Lunch

1.45pm Goodbyes

Please read the following 3 pages, fill-in, sign and return to yoginilynne@gmail.com with deposit, £150, to secure your place.

Payments & Deposit to:

LYNNE FUGARD

39848987

07-04-36

REF: YourInitials + cotswolds2022 (e.g. LFcotswolds2022)

PERSONAL INFORMATION

Name:

Address:

Date of Birth:

Email:

Mobile Phone:

A LITTLE ABOUT YOU (so I can tailor the retreat to your needs)

Your yoga practice (How long? How often? What types?):

Medical or injury history (please provide details where necessary):

Do you have any food allergies or dietary requirements?

Is this your first yoga retreat?

What do you hope to get out of this retreat?

Any requests?

TERMS & CONDITIONS

Booking and payment

A £150 deposit is required to reserve a place on this retreat, and the remaining amount must be paid 45 days before the retreat starts (29 March 2022). You will receive an email receipt confirming all payments have been received. Payment plans available: just ask!

Cancellation policy

If for any reason you cannot attend the retreat, please email me as soon as possible and I will do my best to fill your place so that I can fully refund you. This may not always be possible however and if I cannot fill your place the following cancellation fees will apply:

- Over 120 days before the retreat begins: Full refund
- Over 45 days before the retreat begins: Forfeit deposit (£150)
- 45 days or less before the retreat begins: Forfeit 100% of the retreat price.

Please note I cannot refund you in full or part should you need to leave the retreat early at all, or if you decide not to join us for a meal.

Covid-19

If the retreat needs to be cancelled because government guidelines mean it is not possible for it to go ahead then it will be rescheduled at the same venue. You can either move the booking to a future retreat date or receive a full refund.

I strongly recommend arranging travel insurance for the retreat, checking that it has a suitable coronavirus clause.

Within 24 hours of the retreat commencing, I ask that everyone takes a Lateral Flow Test or PCR to show a negative result.

Travel

The arrangement and cost of travel is not included in your retreat booking. It is your responsibility to make the necessary arrangements to reach the venue. I am not responsible for any consequences arising from cancellations or delays in travel. Should issues with your travel affect your ability to attend the yoga retreat the cancellation policy will apply (see above).

Liability

I am not responsible for injury, loss, damage or theft of personal belongings.

Should you have any health concerns, it is your responsibility to consult a doctor to confirm that you are in good health to practice yoga and any other physical activities that you may choose to take part in. The yoga instructor reserves the right to advise you not to participate in activities at the yoga retreat if you have any health problems or medical conditions that may be affected by them. If you feel any discomfort,

pain or suffer an injury during any of the activities at the yoga retreat, you must stop as soon as possible and inform me.

I have completed specialist training to work with pregnant and post-natal bodies. I do however need to be informed of any pregnancies and will only be able to teach yoga to pregnant students who are between 12 – 32 weeks and will work with you to adapt the yoga practice accordingly. It is your responsibility to check with your doctor that you are fit to travel and capable of performing the activities I offer. If you are pregnant and wish to attend the retreat, it is best if you have practiced yoga before.

Likewise, I need to be informed if you are attending the retreat post-natally and ask that you do so only if given the go-ahead from your healthcare team.

I am not responsible for any illness, injuries or psychological conditions that you may have nor for any possible risks, illness, injuries or psychological conditions that you may develop during the yoga retreat.

Complaints

In the unlikely event of any problems arising during your yoga retreat, please inform me as soon as possible. I cannot be held responsible for the behaviour of individual members of the group but will do my very best to resolve any difficulties.

Unforeseen circumstances

I do not accept any liability for cancellations, threat of war, or delays, changes caused by war, terrorist actions or threats, industrial action, civil strife, closure of airports, technical problems to transport, natural disaster, staff cancellations, unforeseen changes in your circumstances or other events beyond my control.

Privacy policy

Please be assured that any information you share with me will be kept in the strictest confidence and not passed on to any third parties. I do not register, record or share any personal or banking data.

Photos and marketing

You consent to the use of images or video of you taken during the weekend for advertising and promotional purposes in any medium. I promise to only use images or video of you for retreat marketing purposes (i.e. I will never sell pictures or video of you to anyone else). You grant me a perpetual, royalty-free, worldwide, irrevocable license to use such images for promotional purposes. I do not take any photo or video during yoga or meditation classes – these are private spaces – and will always ask before taking photos of the group, so you can opt-out. Please talk to me if you have any questions or concerns about this.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. By signing up to the retreat I am signing this agreement voluntarily and recognise that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law.

Signed:

Date: