

Welcome everyone! We are really so excited to offer this retreat to you and are looking forward to providing you the space and time to nourish your spirit. In our modern, technology-driven, fast-paced world, multi-tasking has become the norm. Our body, mind and spirit are highly susceptible to sensory overload, leaving us feeling stressed and depleted. Our Nourish Your Spirit Retreat is designed for slowing down, cultivating mindfulness and present moment awareness while reconnecting to those parts of ourselves that get lost in the day-to-day shuffle.

Balance and harmony will be restored with rejuvenating yoga, creative movement, time spent in nature, meditation and prana expanding breath awareness. Communal meal sharing offer time to reflect and share with new friends. Periods of silence are built into our retreat to quiet the mind, decompress the nervous system and settle the emotions. With this retreat, we offer you an opportunity to hit the reset button and to become full by finding more space within.



KC Retreats Cancellation Policy

A **\$300 non-refundable** deposit is required to reserve your space. The balance due must be received by Camilla Sinclair or Kris Kulp 30 days prior to the first day of the retreat (July 10, 2018). Check, cash or credit card are accepted. There is a 2.75% fee for paying with a credit card.

Please note a signed waiver of liability and assumption of risk is required in order to participate in all KC Wellness retreats or activities and must be signed and accepted prior do arrival.

The cancellation policy below will apply for all cancellation scenarios. This cancellation policy has been designed to be as compassionate as possible in the case that plans change.

You may cancel your reservation up to 30 days prior to your visit less the \$300 non refundable deposit plus any bank fees. Cancellations after that time will forfeit all monies paid. There are no exceptions to the above cancellation policies including but not limited to personal injuries, no-shows or weather.



Delays and other Unforeseen Occurrences

There will be no refunds nor discounts for arriving late, leaving early, not participating in planned classes, flight cancellations, travel delays or illness. For additional protection due to any unforeseen circumstances, it is highly recommend that all participants purchase travel insurance at the time of booking the retreat.

Cancellation by KC Wellness

In the rare event of a cancellation by KC Wellness Retreat due to low registrations, the participant will be given the option to transfer all payments to a future retreat or to receive a full refund. KC Wellness cannot compensate participants for airfare, hotel and travel costs incurred.

In the rare event of a cancellation by KC Wellness due to dangerous weather, political unrest, acts of god and other force majeure events, any refund provided will depend on KC Wellness receiving a refund from the venue. KC Wellness cannot compensate participants for airfare, hotel and travel costs incurred.

To cover these risks, it is strongly recommended that all participants purchases travel insurance.

Do you need travel insurance?

The short answer is: Maybe;

Buying a plan is a smart move if you are feeling cautious about the cost of your trip, possible illness or injury of you or a loved one, or potential weather-related cancellations or interruption.

When considering a plan, take inventory of the components of your trip. A comprehensive travel insurance plan could protect you if your trip should be cancelled or interrupted. Travel insurance can be purchased at [Insure My Trip](#). Travel insurance can protect participants against participant cancellation, KC Wellness cancellation, lost or delayed baggage, medical expenses and the cost of repatriation should the participant become ill or injured. It is strongly recommended that all participants purchase travel insurance, including a 'cancel for any reason' option in order to protect them against the rare chance of cancellation.

Privacy

Personal details – Any personal information that you provide to us will NOT be released, sold, or rented to any entities or individuals outside of KC Wellness.

QUESTIONS

For any questions or comments about this Cancellation Policy, please email us: at

kris@adhodog.com

Or

camsinclair31@yahoo.com