

EVENTS/RETREATS/CLASSES & WORKSHOPS

Disclaimer

This disclaimer governs participation in all our classes, courses, events and workshops.

We ask you to read and agree to this disclaimer before taking part in any activity at Chetham Farm Retreat, as by booking and/or participating, you agree you have read, understood and are agreeing to the terms of this disclaimer, and that you understand that your participation is entirely at your own risk.

You acknowledge that all exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree to take responsibility for your health and well-being in all our classes, courses, events and workshops.

By participating in a class, course, event or workshop (live or online) you agree that you are voluntarily participating in these activities, assume all risk of injury to yourself and agree to forever hold harmless, release and discharge Chetham Farm Retreat from any and all claims or causes of action, known or unknown, arising out of your use of these services and materials.

You are responsible to declare health information relevant to practicing with us and commit to updating us of any change of circumstance that could affect your participation. This information offers our facilitators and teachers general background information, which can help focus and personalize teaching through mitigation and modification, and support.

Always seek the advice of your GP/Healthcare provider, or other qualified health professional before starting or changing any exercise program or making a lifestyle change. This is particularly important if you are overweight, pregnant, nursing, regularly taking medications, or have any existing medical conditions.

We will not be liable to you in respect of any of your personal property that is lost, stolen or damaged before, during or after a class, course, event or workshop.

EVENTS/RETREATS/CLASSES & WORKSHOPS

Fitness to participate

ONLY YOU CAN MONITOR YOUR CONDITION DURING YOUR PARTICIPATION. YOU ARE RESPONSIBLE FOR MOVING WITHIN YOUR MENTAL AND PHYSICAL LIMITS, AND SEEKING ATTENTION AND ADVICE AS APPROPRIATE.

IN TAKING PART IN ANY ACTIVITIES AT CHETHAM FARM RETREAT,

I CAN CONFIRM THE FOLLOWING:

- TO THE BEST OF MY KNOWLEDGE, I SUFFER FROM NO MEDICAL OR PHYSICAL CONDITION OR DISABILITY THAT WILL OR MIGHT INCREASE THE NORMAL RISKS ASSOCIATED WITH EXERCISE; AND/OR MY DOCTOR HAS APPROVED MY PARTICIPATION IN OUR CLASSES/COURSES/EVENTS/WORKSHOPS.
- MY DOCTOR HAS NEVER STATED THAT I SHOULD NOT PARTICIPATE IN ANY PHYSICAL ACTIVITY OR THAT I HAVE A HEART CONDITION.
- I DO NOT FEEL PAIN IN MY CHEST WHEN PARTICIPATING IN DAY TO DAY ACTIVITIES OR PHYSICAL ACTIVITY
- I DO NOT FEEL DIZZY, LOSE BALANCE AND I HAVE NEVER LOST CONSCIOUSNESS WHILST PARTICIPATING IN PHYSICAL ACTIVITY.
- I DO NOT HAVE A BONE OR JOINT CONDITION THAT COULD BE MADE WORSE BY A CHANGE IN PHYSICAL ACTIVITY
- I AM NOT CURRENTLY TAKING ANY MEDICATION FOR BLOOD PRESSURE OR HEART CONDITIONS.
- I KNOW OF NO OTHER REASON WHY I SHOULD NOT UNDERTAKE ANY FORM OF PHYSICAL ACTIVITY.
- YOU MUST INFORM US, AS SOON AS POSSIBLE, IF:
 - YOU SUFFER FROM ANY NEW INJURY, ILLNESS OR OTHER MEDICAL CONDITION;
 - YOU FEEL ANY PAIN OR DISCOMFORT DURING A CLASS/COURSE/EVENT/WORKSHOP; OR
 - YOU FEEL THAT ANY EXERCISE INCLUDED IN A CLASS/COURSE/EVENT/WORKSHOP WOULD BE UNSAFE OR UNCOMFORTABLE FOR YOU.

EVENTS/RETREATS/CLASSES & WORKSHOPS

Lateness and Cancellation Policy Payment details

LATENESS, REFUND AND CANCELLATION POLICY

BY BOOKING THIS CLASS/WORKSHOP, YOU AGREE YOU HAVE READ, UNDERSTOOD AND ARE AGREEING TO THE TERMS OF OUR ACTIVITY DISCLAIMER, AND OUR LATENESS AND BOOKING AND CANCELLATION POLICIES.

A POLITE NOTE ON LATENESS

WE ASK YOU TO ARRIVE 10 MINUTES EARLY FOR YOUR CLASS OR WORKSHOP. AND FOR SECURITY AND SAFETY OF EVERYONE, THE DOOR HAS TO BE LOCKED A MOMENT BEFORE THE START OF CLASS, SO EVERYONE CAN SETTLE IN AND THE CLASS CAN BEGIN ON TIME.

BY SHOWING UP EARLY TO CLASS, IT GIVES YOU TIME TO PARK YOUR CAR AND GIVE YOURSELF A MOMENT TO LET GO OF WHATEVER HAPPENED BEFORE YOU ARRIVED. START BEING EARLY TO THE IMPORTANT THINGS IN YOUR LIFE AND SEE WHAT HAPPENS!

IF YOU ARRIVE AFTER THE CLASS HAS STARTED AND THE DOOR IS LOCKED, ENTRANCE WILL NOT BE PERMITTED. THIS UNFORTUNATELY MEANS YOUR LATE ARRIVAL WILL BE TREATED AS A LATE CANCELLATION/NO SHOW AND A REFUND/TRANSFER WILL NOT BE ISSUED.

BOOKINGS AND CANCELLATION POLICY

THESE SESSIONS ARE NON REFUNDABLE OR MOVEABLE BUT WE DO ALLOW PEOPLE TO CHANGE THE NAME ON THE BOOKING IF NEEDED
PLEASE BE AWARE THAT ALL CLASS BOOKINGS - ARE NON REFUNDABLE, UNLESS WE HAVE TO CANCEL A CLASS OR WORKSHOP FOR UNFORESEEN CIRCUMSTANCES.

CHETHAM FARM RETREAT RESERVES THE RIGHT TO CANCEL A CLASS OR WORKSHOP AT SHORT NOTICE FOR UNFORESEEN CIRCUMSTANCES. ALTHOUGH THIS IS VERY RARE, AS MUCH NOTICE AS POSSIBLE WILL BE GIVEN, WE WILL EITHER REARRANGE TO THE NEXT CLASS OR WORKSHOP SCHEDULED FOR YOU, OR PROVIDE YOU WITH A REFUND.

WE UNDERSTAND THAT CANCELLATIONS ARE SO METIMES UNAVOIDABLE - PLEASE CONTACT US AT LEAST 48 HOURS BEFORE TO DISCUSS.

PAYMENT FOR ALL CLASSES/WORKSHOPS/ COURSES ETC

MANDY WORSLEY

LLOYDS BANK

77-76-09

40060368

REF: CLASS AND DATE OF EVENT

COCOON SOUND EVENTS

Information for your comfort and Care.

Here's some helpful information to read before you join us:

WHAT TO BRING

- Please bring some water to keep you hydrated, a pillow and a blanket to class.
- It's natural for your basal body temperature to drop during a deep meditation, and so we advise you to dress appropriately if you normally feel the cold, so you feel cosy and held. Some of our clients bring thick and snuggly blankets, hot water bottles, slipper socks and oodles; some come in their PJs. Wear whatever will ensure your own comfort.
- The only thing we ask is that you wear clothing without zips or large buttons, so the cradles are not damaged. You may also be asked to remove jewellery.
- Mats are available to borrow if you don't have one or do not wish to use a cradle. All other equipment needed will be provided by your class teacher but you are welcome to bring anything else you find supports your practice.

We ask if you can arrive 10 minutes before your class if possible.

Activity Disclaimer

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COCOON SOUND EVENTS

Class Specific Information

Sound Therapy

- Sound Immersions are not recommended for the following conditions:
- Women in the first trimester of pregnancy
- Those experiencing extreme mental health problems, such as schizophrenia
If you have a pacemaker or other metal implant
- If you are affected by sound induced epilepsy
- If you are in any doubt or unable to confirm any of the above please discuss this with your doctor prior to taking part in class. Chetham Farm Retreat assumes no liability for persons who undertake physical activity without this.
- Cacao Ceremonies or any Class/Course/Event/Workshop that uses Cacao
- Cacao contains Theobromine which stimulates the system much in the same way as caffeine can. If you have a sensitivity to caffeine then please consult with your facilitator or teacher, and we will discuss giving you a lower dosage. If you can drink coffee, then you can generally drink Cacao.
- Cacao can react with anti-depressants causing headaches, so we recommend that you discuss with your healthcare provider prior to class, if you are on any medication.
- We recommend avoiding caffeine intake on ceremony day, and timing meals so you are not too full. This will help your system assimilate the cacao, and prepare your body to receive more subtle energy cues from the cacao. We suggest eating 2-3hrs before the ceremony.
- If you prefer to drink Ceremonial Herbal Tea instead Ceremonial Cacao let your teacher or facilitator know. If you are concerned about your health, contact your GP or us before purchasing the ticket.