Nourish Retreat Grenada, 1st - 7th December, 2025
Terms & Conditions

1. Booking

(a) Your booking is not considered definite, and no contract will exist until we receive a non-refundable deposit of $400 US from you, and you agree to these terms and conditions.

(b) Under no circumstance is the deposit refundable unless the retreat is canceled by organizers.

(c) We do not share customer details with any 3rd parties with the following exception only: Your name will be shared with the accommodation and workshop providers.

2. Payment

(a) The price is the exact amount to be received by us in US Dollars.

(b) The full payment amount is due by 1st October 2025.

(c) Please reach out to us by email if you would like to schedule a payment plan.

(d)Payment methods are:

1. Venmo
2. Cashapp
3. Zelle
4. Paypal
5. Grenada Co-operative Bank (Bank Transfer/Wire)

3. Your Travel Arrangements

All travel arrangements to Grenada are your responsibility and at your own cost. We shall not be held liable for any consequences arising from delays or cancellations in any of the companies you may have made arrangements with, or for any irregularities in your documentation required for travel. Transfers to/from the retreat are at your own cost, unless otherwise specified.

4. Travel Insurance

Travel insurance is highly recommended. If you choose to buy insurance, we require that your travel insurance covers the activity of this retreat as well as unexpected cancellation, sickness, losses and all the usual risks. You should bring the policy with you in case of an emergency.

5. Your Health

(a) It is your responsibility to let the organizers know if you have any injuries and to be mindful at all times of your own body's capability during the retreat. If you experience any injury or discomfort during any activity during the retreat, then you must desist immediately.

(b) While we offer a therapeutic approach to yoga that is accessible and bespoke to your needs, it is also your responsibility to consult a doctor with an understanding of yoga to check that you are sufficiently fit and healthy to undertake yoga classes and other physical activities that you may choose to do whilst on the retreat.

(c) Please advise us of any mental or physical health conditions and dietary requirements before you book. If you have health conditions and dietary requirements that may be affected by the activities offered on our retreats we reserve the right to advise you to desist and in the interests of your wellbeing, or others, we may decline your stay at our retreats.

(d) Whilst all measures are taken to ensure a high standard of health and safety, the retreat accommodation and activities may take place where parts of the land are uneven. We strongly advise that retreat attendees bear this in mind. E.g. wear appropriate footwear and exercise caution as required.

(e) Women who are pregnant should provide a letter from their health practitioner specifying that they are fit to travel and able to engage in the activities provided.

6. Cancellation by you

(a) You (or any member of your party) may cancel your booking at any time, providing that the cancellation is made by the person submitting the booking form and is in writing. Email from the provided email address will be accepted. Cancellation will take effect the day such notification is received by us. The deposit is non-refundable. Should you need to cancel up to 3 months before the retreat begins, you'll receive a refund minus your deposit. No refunds are provided within three months of the retreat start date, as spaces can be challenging to refill. However, if another person can be found to take your place and they pay the full cost, then we may offer you a refund, minus administration and any other unforeseen costs at our discretion.

(b) Bookings are for the stated period of the retreat. There are no refunds for an unused portion of the retreat. If the reason for cancellation is covered under the terms of your Insurance Policy, you may be able to make a claim on your insurance.

7. Amendments by us
Occasionally, changes may have to be made (e.g. workshop provider, activity times or other arrangements), which we reserve the right to do at any time. If your accommodation has to be changed, we will do our utmost to provide accommodation of a similar rating. If a significant change becomes necessary, we will inform you as soon as reasonably possible if there is time before your departure.

8. Cancellation by us
We reserve the right in any circumstances to cancel a retreat. In particular our retreats require a minimum number of at least 65% of the participants/places available to be booked and paid by 8 weeks before the start date. If this minimum number is not reached by that date we may cancel and refund the money to you.

9. Our liability to you
(a) We accept responsibility for ensuring that the retreats are supplied as described and that the services we are contractually obliged to provide are to a reasonable standard.

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

(c) We are not liable for any injuries you may incur. Yoga classes are undertaken at your own risk. We are not liable for any medical or psychiatric conditions, which may develop during or after the retreat. We are not liable for loss of, or damage to, your personal property.

10. Group Bookings
Where a booking is made on behalf of several individuals the booking is conditional on the person(s) paying having authorization from all the individuals named on the booking form to enter into this contract. The terms of this contract will apply to each member of the group as though they had paid for their own retreat individually and directly to us. Each individual must sign individual Terms and Conditions.

11. No Liability for possessions
(a) The room at the retreat will not be left empty and unlocked at any time, and you will be given your own personal key to your room, which is equipped with a laptop-friendly safe. It is your responsibility to ensure that your possessions are always kept secure.

12. Complaints
If you have a problem during your retreat, please inform one of the organizers immediately and they will endeavor to resolve it. Please note that we cannot be responsible for the individual behavior of any group member or other guest sharing your accommodation.

13. Privacy Policy
We do not share customer details with any 3rd parties. Only your name will be provided to workshop and activity providers. Any personal information that you provide to us will be used only for the service you requested.

This privacy policy does not cover the links within the retreat website linking to other sites.

14. External Facilitators, Excursions and Transport during the Retreat
For aspects supplied by external operators, you will be provided with their full details and T&Cs (where applicable) prior to the retreat.

At the bottom of your retreat application you will be asked to confirm that you read, understand and agree to these Terms and Conditions for Nourish Retreat 2025. Please contact hello@malaikabsl.com if you have any questions.