

Retreat Terms & Conditions

Rooted & Rising Retreat 2026

Terms & Conditions

Hosted by MindfulSoul

Thank you for choosing to join us for Rooted & Rising, a special retreat celebrating 10 years of MindfulSoul. These Terms & Conditions outline the agreement between you and MindfulSoul when booking your place on the retreat.

By making a booking and submitting payment, you confirm that you have read, understood and agreed to these Terms & Conditions.

1. Retreat Details

Retreat Name: Rooted & Rising Retreat 2026

Dates: 13th - 15th November 2026

Location: Sandhill House, Donegal, Ireland

The retreat includes a two-night stay, meals, wellness sessions, workshops and activities facilitated by Lori Higgins founder of MindfulSoul and our guest facilitator Emma Sherry founder of Serenity Blue.

The retreat experience includes:

- Yoga sessions
- Sound baths
- Chi Me
- Hypnotherapy and relaxation practices

- Guided walks in nature
- Journalling
- Creative activities
- Sauna and hot tub access
- Group connection and reflection practices
- Accommodation and meals throughout the weekend

2. Booking & Payment

Your place on the retreat is secured once your payment has been received.

The retreat is limited to 18 guests to maintain an intimate and supportive experience.

Early Bird Investment

Available from 2nd-8th August 2026

- Pay in full: £495
- Payment plan: 3 monthly payments of £165

Standard Investment

Available from 9th August 2026

- Pay in full: £525
- Payment plan: 3 monthly payments of £175

For payment plans, the first payment is required at the time of booking, with remaining payments due monthly.

All retreat balances must be paid in full by: **10th October 2026**

Your place cannot be confirmed until the required payments have been received.

3. Payment Plans

By choosing a payment plan, you agree to complete the full retreat investment by the final payment deadline.

If payments are not received by the agreed dates, MindfulSoul reserves the right to cancel the booking and release the place to another guest.

If you experience difficulty completing payments, please contact us as soon as possible so we can discuss your circumstances.

4. Cancellation & Refund Policy

Due to the commitments involved in organising a residential retreat, including venue costs and advance bookings, payments are subject to the following cancellation policy.

All payments are non-refundable unless your place can be transferred to another participant.

If you are unable to attend, you may request to transfer your place to another person. Any replacement guest must be approved by MindfulSoul and must agree to these Terms & Conditions.

If your place is successfully transferred, any refund issued will be considered after deduction of any non-recoverable costs already incurred.

We strongly recommend that guests consider appropriate travel insurance to protect their investment.

5. Retreat Cancellation by MindfulSoul

In the unlikely event that MindfulSoul needs to cancel the retreat, guests will be contacted as soon as possible.

Any refund provided will be limited to payments made towards the retreat. MindfulSoul cannot accept responsibility for additional expenses incurred by guests, including travel, additional accommodation or other personal costs.

6. Accommodation

Accommodation at Sandhill House consists of shared twin and triple rooms. Each guest will have their own comfortable single bed.

Private rooms are not available.

We will do our best to accommodate room-sharing requests where possible, particularly for guests attending with friends. However, we cannot guarantee specific room arrangements.

Guests agree to respect shared accommodation spaces and other guests throughout the retreat.

7. Food & Dietary Requirements

Meals and refreshments are included throughout the retreat.

Guests are responsible for informing MindfulSoul of any dietary requirements, allergies or food-related considerations through the guest information form.

While we will make reasonable efforts to accommodate dietary needs, guests remain responsible for ensuring any food provided is suitable for them.

8. Health & Wellbeing

The retreat is designed to support relaxation, wellbeing and personal reflection.

Guests participate in all activities voluntarily and are responsible for listening to their own body and personal limits.

Please inform us before the retreat of any injuries, health considerations, mobility requirements or anything that may help us support your experience.

Yoga, movement practices, walks and wellness activities should always be approached mindfully and adapted according to your own needs.

The retreat does not replace medical advice, diagnosis or treatment from a qualified healthcare professional.

9. Photography & Video

During the retreat, photographs and short video clips may be taken to share the atmosphere and experience of Rooted & Rising across MindfulSoul & Serenity Blue platforms.

No confidential or personal information will be shared.

Any video content will not include guest conversations or spoken audio, only visual footage capturing the retreat environment and activities.

Guests will be asked to provide their photography preferences before attending, and we will respect individual choices.

10. Guest Conduct

Rooted & Rising is intended to be a safe, welcoming and supportive space.

Guests agree to:

- Treat other guests, facilitators and venue staff with kindness and respect.
- Respect privacy and confidentiality within the group.
- Follow reasonable guidance provided by facilitators and venue staff.
- Respect the shared environment and accommodation.

MindfulSoul reserves the right to ask a guest to leave the retreat if their behaviour significantly impacts the safety, wellbeing or experience of others.

11. Alcohol & Substance-Free Retreat

Rooted & Rising is designed to be a restorative space focused on relaxation, connection, mindfulness and personal wellbeing.

To support the safety, comfort and experience of all guests, this retreat will be an **alcohol and substance-free weekend**.

Guests agree not to bring, consume or use alcohol or recreational substances during their stay at Sandhill House.

We kindly ask that all guests honour this commitment so that everyone can fully engage with the retreat experience and feel comfortable within the shared space.

If a guest's behaviour is affected by alcohol or substance use in a way that impacts the safety, wellbeing or experience of others, MindfulSoul reserves the right to address the situation and take appropriate action.

12. Confidentiality

The retreat may include opportunities for reflection, sharing and personal discussion.

Guests are encouraged to respect the privacy of others and not share personal stories, experiences or information shared within the retreat space.

13. Travel

Travel to and from Sandhill House is not included in the retreat investment.

Guests are responsible for arranging their own transportation and any additional personal expenses.

14. Agreement

By booking Rooted & Rising Retreat 2026, you confirm that:

- **You have read and agree to these Terms & Conditions.**
- **You understand the payment schedule and final payment deadline.**
- **You understand the cancellation and refund policy.**
- **You agree to participate responsibly and respectfully throughout the retreat.**

We are so grateful to welcome you into this special experience and look forward to sharing a meaningful weekend of connection, rest and renewal.

With gratitude, Lori Higgins

MindfulSoul