

Retreat Terms & Conditions

The Held Retreat, Cotswolds 25-28 September 2026 – Hosted by Lala Loves

1. Booking & Payments

- A £500 deposit secures your place – this is non-refundable.
- All payments made within 60 days of the retreat start date are non-refundable.
- Full payment for the retreat must be made before 25 September 2026.
- Cancellations more than 60 days before the retreat will be refunded (minus the deposit).
- You may transfer your place to another person up to 14 days before the retreat.

2. What's Included

- Accommodation at Anthology Farm
- All meals, drinks and snacks
- All scheduled sessions, workshops and classes
- Access to facilities (sauna, pool, outdoor spaces)

3. What's Not Included

- Travel to and from the retreat
- Personal travel insurance (strongly recommended)
- Any additional treatments or services not listed

4. Third-Party Providers

Some sessions are delivered by trusted external practitioners such as, breathwork, sound healing, movement and catering professionals. They are independent providers responsible for their own services. We cannot accept liability for their actions or omissions.

5. Venue, Facilities & Personal Belongings

- You are responsible for your personal belongings.
- We cannot accept liability for loss, theft or damage.
- Please take care with the venue and facilities. Any damage may be charged at cost.

6. Alcohol & Smoking

- This is an alcohol-free retreat.
- Smoking or vaping is allowed only in designated outdoor areas.

7. Photography & Filming

We may take photos and short videos during the retreat for promotional use. You will be given the option to opt in or out of appearing in this content. We will never use explicit or unflattering images, or close-up solo shots without your written consent.

8. Emergency Contact

All guests must provide an emergency contact name and number before the retreat using the attached form.

9. Programme Changes

We may make small adjustments to the retreat schedule if needed (such as class timings or facilitator availability). Any changes will be minimal and the overall quality and intention of the retreat will always be maintained.

10. Force Majeure

We cannot accept responsibility for cancellations, delays or changes caused by events outside our reasonable control, including extreme weather, transport disruption, illness, emergencies, venue issues, or other unforeseen circumstances. If such a situation arises, we will communicate clearly and do our best to find a suitable solution.

11. Agreement

By booking and attending the retreat, you agree to these Terms & Conditions.