Terms and Conditions

Cardney Retreat, Wednesday 31 March to Sunday 4 April 2027. Version dated 24 October 2026.

Booking & Payment

Your place is confirmed on receipt of a £350 deposit, which is non-refundable except as set out under Cancellation by Guest and Cancellation by Yoga Meats Retreats. The remaining balance is due by 1 February 2027. Bookings made after 1 February 2027 require payment in full at booking. Payment is made via secure link. Payment plans may be available depending on booking date and availability. Please mention this when you enquire and we will do our best to arrange something suitable. If the balance, or an agreed instalment, has not been paid by its due date, we may treat your booking as cancelled by you, and the cancellation terms below will apply.

Cancellation by Guest

If you need to cancel, please tell us in writing by email to hello@yogameats.com. Your cancellation takes effect on the date we receive it.

If you cancel before 1 February 2027, we will refund everything you have paid except your £350 deposit. If you cancel on or after 1 February 2027, no refund can be given, as our costs will have been committed by then, and any balance you have not yet paid remains due.

If we fill your place, whether before or after 1 February 2027, we will refund everything you have paid, including your deposit, as a goodwill gesture, up to the amount your replacement pays, and you will not owe any unpaid balance. Your replacement must book, pay for the room and accept these terms herself. We will do our best to fill your place from our private list, and you are welcome to suggest a friend, but we cannot guarantee that your place will be filled.

If you do not attend, arrive late or leave early, no refund can be given. Refunds are paid to the person who made the payment, within 28 days of your cancellation or, if later, of your replacement's payment. We recommend taking out travel insurance, as we are not liable for travel costs if the retreat is cancelled or if you are unable to attend.

Cancellation by Yoga Meats Retreats

If the retreat does not go ahead, you can choose to move to a new date, or receive a full refund of everything you have paid, including your deposit. We will pay any refund within 28 days. We are not liable for travel costs, accommodation or personal expenses incurred. We recommend taking out travel insurance that covers retreat cancellation.

Changes to the Retreat

We may need to change a member of our team, the schedule or a room. If we do, we will tell you as soon as we can and offer a suitable alternative. A minor change like this is not a reason for cancellation or a refund.

Dietary Requirements

All meals served at this retreat are carnivore at their heart, with low carb and keto options alongside. We will contact you before arrival to ask about any allergies or intolerances. We will do our best to accommodate where possible, but cannot guarantee an allergen-free environment. Please note this is not a vegetarian or vegan retreat.

Health, Responsibility and Privacy

Health & Wellbeing

This retreat is not a medical or therapeutic programme, and yoga and the food we serve are not medical advice, diagnosis or treatment. Please ask your doctor if you are unsure whether the retreat, including carnivore, low carb and keto eating, is right for you. By booking, you confirm that you will tell us before the retreat about any injury, health condition, pregnancy, medication or mobility limitation that could affect how you take part, and that you will tell your teacher straight away if something changes or you are hurt during the retreat. Yoga sessions are gentle and accessible. You will only do what feels right for your body, and you will stop and rest if you feel pain, strain or discomfort. Taking part in yoga, sauna use, walking and cold-water activities (if undertaken) is your own choice. You will follow the safety guidance given by us and by Cardney Estate, including around the loch and grounds.

Our Responsibility

We will run the retreat with reasonable care and skill. Nothing in these terms limits your legal rights, or excludes liability that cannot lawfully be excluded, including for death or personal injury caused by our negligence. Beyond that, you take part at your own risk, and we are not responsible for injury, loss or damage that comes from your own choices, from something you did not tell us, or from events outside our reasonable control. You are responsible for your own belongings, travel arrangements and travel insurance.

Confidentiality & Safe Space

Yoga Meats Retreats is an intimate gathering. We kindly ask that what is shared within the group, whether in conversation, during our women's circle, or over meals, stays within the group. Each woman's stories, experiences and personal details deserve the same discretion and respect we would all wish for ourselves. Any personal information shared with us directly as part of your booking or in conversation before and during the retreat is treated in complete confidence and will never be shared.

Privacy

Your personal details are used solely to manage your booking and communicate retreat information. We do not share your details with third parties.

