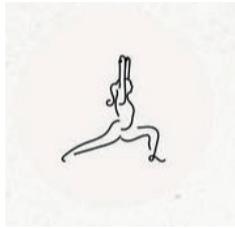




# THE MANOR FARM RETREAT



Join us at Manor Farm, Upton Cheyney for a relaxing retreat day of yoga, foraging, flower arranging, meditation & more.

When: Sunday 4th July 2021  
11:00 until 17:00

Where: Manor Farm, Upton Cheyney, BS30 6NQ

Price: £140.00 per person

Price includes tea & coffee, a delicious, healthy lunch & all flower arranging materials.

To book your place, please email Katie  
[info@katiejyoga.com](mailto:info@katiejyoga.com)



# THE MANOR FARM RETREAT



## AGENDA

11:00 - 11:30

Arrival and Introductions with Tea & Coffee

11:30 - 12:30

Hatha Yoga Class with Katie

12:30 - 13:30

Healthy Lunch on the Stable Lawn

13:30 - 15:30

Foraging & Flower Arranging with Issy

15:30 - 16:00

Afternoon Break

16:00 - 17:00

Gentle Yoga Class & Closing Meditation with Katie

17:00

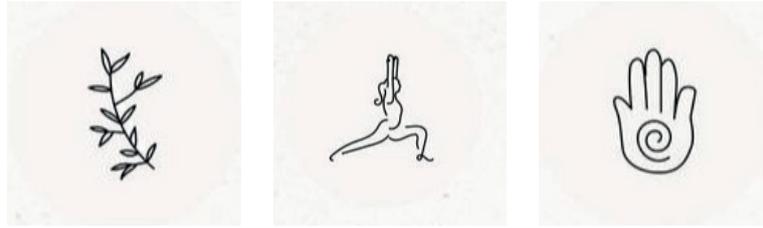
Guests Depart

First 8 'early birds' to book will receive a relaxing 30-minute massage at no extra cost.

Massages will be available prior to the start, during breaks or immediately following the main day, with timing preferences allocated in order of bookings.



# THE MANOR FARM RETREAT



## DIRECTIONS

### Travelling from M4

Take junction 18 towards Bath and continue along the A46 past Dyrham Park. Turn right onto Gorse Lane, and follow the road until the following junction. Head straight over onto Freezing Hill Lane, and right again at the top of the hill, keep going until you reach Marshfield Lane on your left. Stay on Marshfield Lane until you reach the farm on your right.

### Travelling from Bath

Follow A36 and A431 towards Kelston for 6.3 miles until you reach Brewery Hill and see signs for Manor Farm, Upton Cheyney.

### Travelling from Bristol

From Temple Meads Station, stay on Bath Road for 3.2 miles, towards Brislington and Keynsham. At Hicks Gate roundabout, take the third exit towards Keynsham. Once in Keynsham, take the first exit at the roundabout onto Station Road, and continue on Bath Road A431 towards Bitton. Continue on Bath Road until you reach Brewery Hill on your left, and see signs for Manor Farm, Upton Cheyney.



# THE MANOR FARM RETREAT



## TERMS & CONDITIONS

The Manor Farm Retreat consists of all parties: Manor Farm, Katie J Yoga, Wizz & Wild, Sustainable Fitness. By paying the listed amount you agree to the Terms and Conditions below. Please do let us know if you have any questions before payment.

### Payments and Cancellation

- Your booking is confirmed once you have made payment of £140 via Katie J Yoga booking system (<https://instabook.io/s2/katiejyoga> find 'Manor Farm Retreat').
- Your payment is non-refundable but is transferable. As such, if you are not able to attend, you are welcome to transfer the name of the booking to an alternative attendee or receive a voucher for use at a future Manor Farm event to be used within 12 months, where hosted by Katie J Yoga, Wizz & Wild and / or Sustainable Fitness.
- The Manor Farm Retreat is not responsible for the cancellation, suspension, rescheduling or replacement of an item on agenda, due to force majeure for example natural disaster or acts outside of control. If a situation outside of our control occurs, we will try our best to replace an item on the agenda or move the event to another suitable date.
- The Manor Farm Retreat shall not be liable for any loss sustained by attendees directly or indirectly from the cancellation or rescheduling due to clause above.
  - In the event of under-subscription, this event may be cancelled or re-arranged. We will give you as much notice as possible and you will be able to transfer to another event or receive a full refund if this incident arises.

### Permission to Use Photographs and Footage

- The Manor Farm Retreat may take photographs and videos during the day. You acknowledge and agree that we own the copyright to such photographs and may freely use them for marketing, illustrative and promotional purposes. We will, of course, take reasonable steps to protect your personal identity when using such photographs.

### Health and Fitness

- Prior to attending The Manor Farm Retreat, you will be asked to complete a Covid Screening Form, a Physical Activity Readiness Questionnaire (PAR-Q) and a Consent Form for yoga and massage (if applicable). These may be completed online with a link issued to all attendees two weeks prior to the event. In the unlikely event that these identify conditions for which further consideration is required in advance of attendance, we will contact you individually to discuss suitable options.
- These forms include confirmation of consent to hold relevant data. Relevant data contained on the forms will therefore be held by all parties: Manor Farm, Katie J Yoga, Wizz & Wild and Sustainable Fitness.

### Covid-19 Policy

- If you are unable to travel because you have contracted or been diagnosed with Covid-19, or if you have been advised to self-isolate and therefore cannot travel, you will be offered a full refund. Please note that appropriate supporting documentation or an official letter from a medical professional must be provided.
- If you are unable to travel, either because of government restrictions on travel or areas of the country being placed in quarantine/lockdown, you will be offered a full refund, or you will have the opportunity to move your booking to a similar event taking place later in the year.
- Should you choose not to attend for fear of contracting Covid-19, but no travel restrictions are in place, no refund will be provided.

