

# COPY OF AGREEMENTS

## LIABILITY WAIVER

Before participating in this training or any other exercise programme, participants are advised to consult with a qualified medical professional.

I, the undersigned, confirm that I am 16 years of age or older and have voluntarily chosen to participate in a Yoga Teacher Training, retreat, class, private session, workshop, event, or activity with Becoming Retreats, Jessica Mackenzie, and any assisting instructors or facilitators.

### Acknowledgment of Risk

I understand that participation in yoga, training, movement, and related activities may involve physical exertion and carries an inherent risk of injury. I acknowledge that a reasonable level of physical health, strength, fitness, and flexibility is required to participate.

I confirm that I am physically and mentally fit to participate and choose to take part voluntarily and at my own risk. I accept full responsibility for any injury, illness, loss, or damage that may occur as a result of my participation.

### Release of Liability

In consideration of being permitted to participate in the training, classes, workshops, retreats, events, or activities, I agree that I, and my heirs, assigns, guardians, and legal representatives, will not make any claim against, sue, or hold liable Becoming Retreats, Jessica Mackenzie, any instructors, facilitators, organisers, employees, agents, or participants for any injury, illness, loss of life, or damage to property arising from my participation.

I hereby release and discharge Becoming Retreats and all associated instructors, organisers, and representatives from any and all claims, demands, actions, or causes of action, whether known or unknown, that may arise from my participation in any training, class, workshop, retreat, event, or activity.

I acknowledge that I have carefully read and fully understand this waiver, and that it constitutes a complete release of liability for any injuries or damages sustained during participation in activities with Becoming Retreats.

### Pregnancy Waiver (If Applicable)

If I am pregnant, or become pregnant during participation, I acknowledge that Becoming Retreats and its instructors are not pregnancy or antenatal specialists, and participation in non-pregnancy specific classes or training may not be recommended. By participating while pregnant, I confirm that I have consulted with a qualified medical professional and received approval to participate.

I agree that I do so entirely at my own risk and release Becoming Retreats, Jessica Mackenzie, instructors, facilitators, and representatives from any claims, liabilities, or damages related to pregnancy, injury, or health complications arising from my participation.

## TERMS AND CONDITIONS

By booking a Yoga Teacher Training with Becoming Retreats (Becoming Yoga Academy) you agree to the following terms and conditions.

These Terms and Conditions ("Agreement") apply to all Yoga Teacher Trainings, retreats, workshops, events, and related services organised by Becoming Retreats Ltd ("Becoming Retreats", "we", "our", "us").

By booking and/or attending a Yoga Teacher Training, retreat, class, workshop, private session, or event ("Programme"), you ("Participant", "you", "your") agree to the following Terms and Conditions.

### 1. Booking and Eligibility

By registering for a Becoming Retreats Yoga Teacher Training or Programme, you confirm that you are 16 years of age or older, in good physical and mental health, and have consulted a qualified medical professional if you have any pre-existing medical conditions, injuries, or concerns.

You acknowledge that participation in yoga training may require a certain level of strength, fitness, mobility, and physical capability, and you agree to take full responsibility for participating within your own limits.

By booking and attending a Programme, you agree to the terms of the Becoming Retreats Health and Safety Liability Waiver, which forms part of this Agreement and applies automatically upon registration.

## **2. Services Provided**

Becoming Retreats shall provide the Participant with accommodation (where applicable), daily yoga sessions, lectures, workshops, breathwork, meals (where included), and other scheduled activities as listed within each Programme's published itinerary.

For Yoga Teacher Trainings, the Programme includes a structured curriculum consisting of in-person training hours, lectures, workshops, practical teaching practice, homework, live online calls and online learning modules.

Training content may include yoga asana practice, anatomy and physiology, yoga philosophy, meditation and breathwork, teaching methodology, energy and systems of balance, practical teaching assessments, written exam, business of yoga modules, and group workshops and discussions.

Activities may also include, where applicable, yoga, handstands, intense breathwork, cold water immersion, swimming (pool, sea, or open water), saunas, excursions, acro yoga and partner yoga.

A portion of the training hours may be delivered by assistant teacher Dr Anesu Mbizu and additional guest teachers.

Becoming Retreats reserves the right to make reasonable changes to the schedule, curriculum, teaching staff, locations, or Programme content where necessary.

## **3. No Warranties**

The Programme is provided "as is" and subject to change. Becoming Retreats makes no warranties or representations, express or implied, regarding any aspect of the Programme.

In particular, Becoming Retreats does not guarantee:

- a. the number or age of participants attending the Programme;
- b. the amount of time that Jessica Mackenzie, assistant teachers, or guest teachers will personally lead sessions;
- c. the exact amount of time spent at any given location, activity, or part of the Programme;
- d. that specific locations, activities, or experiences shown in photographs or promotional materials on the Becoming Retreats website or social media will be included;
- e. the quality, difficulty, or subjective experience of yoga sessions, workouts, skill sessions, workshops, or other activities;
- f. any other aspect of the Programme experience.

Programme schedules, locations, teaching staff, and activities may be adjusted where reasonably necessary

## **4. Certification Requirements (Yoga Teacher Training)**

In order to be eligible to receive a 200-Hour Yoga Teacher Training Certificate, Participants must successfully complete all course requirements.

These requirements include attending all required in-person training hours, participating in practice teaching sessions, completing practical assignments, coursework, and written assessments, and completing the required 20 hours of online learning.

All required hours must be completed in order to receive certification.

If a Participant misses training hours due to illness, injury, or unforeseen circumstances, those hours must be completed at a later date as arranged by Becoming Retreats before certification can be issued.

Certificates will only be issued once all Programme requirements have been successfully completed.

Becoming Retreats reserves the right to withhold certification if requirements have not been fulfilled.

## **5. No Guarantee of Teaching Outcomes**

Completion of the Yoga Teacher Training and receipt of a certificate confirms that the Participant has met the course requirements. However, Becoming Retreats does not guarantee teaching ability, employment, business success, or readiness to teach immediately following the Programme.

Individual results will vary depending on personal practice, experience, and continued learning.

## **6. Online Learning Portal**

Participants will receive access to Becoming Retreats' online learning portal, which contains required training modules and educational materials.

The portal includes 20 hours of online learning, which forms part of the Yoga Teacher Training curriculum. Access to the portal will be provided for 12 months from 1st September.

Online learning access is non-transferable, non-refundable, and provided for the Participant's personal educational use only.

Participants are responsible for completing the required online modules before the training commences in-person on the 12<sup>th</sup> of October, 2026.

## **7. Payment**

### **7.1 Total Cost**

The total cost of the Programme must be paid in full prior to the Programme as set forth below. Failure to make payments as required will constitute an automatic breach of this Agreement, and all payments made shall be forfeited.

### **7.2 Non-Refundable Deposit**

A non-refundable deposit equal to one sixth (1/6) of the total training fee is required at the time of booking. This deposit secures the Participant's place and becomes non-refundable immediately upon payment.

Deposit amounts for the Yoga Teacher Training are:

£600 – Quadruple Lodge

£634 – Triple Lodge

If the initial payment made at checkout is less than the full deposit amount, the remaining balance of the deposit will still be due and an invoice will be issued to collect the outstanding amount.

Failure to complete the full deposit payment does not remove the obligation to pay the full deposit amount.

### **7.3 Balance Payment**

The remaining balance must be paid no later than 60 days prior to the Programme start date.

Failure to make full payment by this date will result in automatic forfeiture of the booking and loss of all payments made.

### **7.4 Discount Codes and Early Bird Offers**

The full non-refundable deposit amount applies in all circumstances, regardless of any discount code, promotional offer, or early bird discount used.

Discounts apply to the total Programme cost only and do not reduce the required deposit amount.

### **7.5 Payment Plans**

Participants who choose to pay via a payment plan agree to complete all scheduled payments in full, even if the final instalment is due after the Programme start date.

Entering a payment plan constitutes a binding financial agreement to pay the entire Programme cost, regardless of attendance or cancellation.

Failure to complete scheduled payments will be treated as a breach of contract, and any outstanding balance will remain legally due.

## **8. Cancellations**

### **8.1 Participant Cancellations**

All cancellation requests must be submitted in writing via email to [booking@becomingretreats.com](mailto:booking@becomingretreats.com).

A non-refundable deposit will be retained upon cancellation of this Agreement, regardless of the time or reason for cancellation.

This includes, but is not limited to, cancellations resulting from travel restrictions, quarantines, medical emergencies, illness, COVID-19 or other public health events, lockdowns, border closures, travel disruptions, natural disasters, war, or other global events.

Cancellations received 61 days or more prior to the Programme start date may be eligible for a partial refund of payments made, excluding the non-refundable deposit, at the discretion of Becoming Retreats.

Cancellations received less than 60 days prior to the Programme start date are not eligible for any refund, and all payments made, or owed under a payment plan, will be retained.

Participants who have entered into a payment plan remain responsible for completing all scheduled payments, regardless of attendance or cancellation.

Failure to complete outstanding payments will be considered a breach of contract, and the remaining balance will remain legally due.

## **8.2 Cancellation by Becoming Retreats**

Becoming Retreats reserves the right to cancel, postpone, or modify a Programme due to circumstances beyond its reasonable control. This may include, but is not limited to:

- insufficient participant numbers
- venue closure or unavailability
- instructor illness or emergency
- natural disasters
- government restrictions or travel disruptions
- pandemics, epidemics, or public health events
- safety concerns or other unforeseen circumstances

If Becoming Retreats cancels a Programme prior to the start date, Participants will be offered either a full refund of payments made to Becoming Retreats or the option to transfer their booking to a future Programme.

Becoming Retreats shall not be responsible for any additional expenses incurred by Participants, including but not limited to flights, visas, travel arrangements, accommodation outside the Programme, insurance, or other personal costs.

Participants are strongly advised to obtain comprehensive travel insurance to protect against such losses.

## **9. Public Health and Pandemic Clause**

Programmes may be postponed, cancelled, or altered due to government restrictions, pandemics, epidemics, or public health events.

Participants remain responsible for complying with all travel and health requirements. Standard cancellation policies remain in effect.

## **10. Behaviour and Conduct**

Participants are expected to behave respectfully toward staff, venues, and fellow participants.

Becoming Retreats reserves the right to remove a participant from the Programme or withhold certification if their behaviour is unsafe, disruptive, discriminatory, or negatively impacts the experience of others.

Removal from the Programme will not result in a refund.

## **11. Travel and Insurance**

Participants must obtain comprehensive travel insurance covering cancellation, illness, injury, pandemics, travel disruption, and personal belongings.

Becoming Retreats accepts no liability for losses resulting from travel disruptions, missed training, war, pandemics, epidemics or global events.

## **12. Personal Belongings and Property Damage**

Accommodation provided during the Programme may include villas, lodges or hotels operated by third-party providers. Becoming Retreats does not own or control these properties and is not responsible for security, theft, loss, damage to personal belongings, injury, or incidents occurring at the accommodation or venue.

Participants are responsible for their own personal safety, health, and wellbeing, and must take reasonable care in safeguarding their personal belongings.

Participants must treat all accommodation, venues, equipment, and property with care. If a Participant causes damage to property, furnishings, fixtures, or equipment, they agree to take full financial responsibility for the cost of repair or replacement. Becoming Retreats will not cover such costs, and the Participant must pay the property owner or venue directly.

### **13. Media, Photography, and Publication Release**

Participants may be photographed, audio-recorded, or video-recorded during the Programme. By attending the Programme, the Participant grants Becoming Retreats permission to capture and use photographs, audio recordings, and video recordings of the Participant for legitimate business and promotional purposes.

Such content may be used by Becoming Retreats for website content, social media, marketing materials, media publications, advertising, and other promotional purposes, in both digital and print formats. This may include, but is not limited to, publication on: [www.jessmackenzie.yoga](http://www.jessmackenzie.yoga), [www.becomingretreats.com](http://www.becomingretreats.com) and Instagram accounts @\_jessyoga and @becomingretreats.

The Participant authorises Becoming Retreats to use such media without requiring further consent or compensation.

The Participant releases Becoming Retreats and its representatives from any liability associated with the use, publication, or distribution of such images, recordings, or media.

Participants who do not wish to appear in photographs or recordings must notify Becoming Retreats in writing prior to the start of the Programme.

### **14. Intellectual Property**

All training materials, manuals, coursework, and online content remain the intellectual property of Becoming Retreats Ltd and Jessica Mackenzie.

These materials may not be copied, distributed, sold, or taught without written permission.

### **15. Allergy Disclaimer**

Becoming Retreats contracts third-party vendors to provide catering, meals, and accommodation and cannot guarantee an allergen-free environment.

Participants acknowledge the risk of allergen exposure and agree that Becoming Retreats is not responsible for allergic reactions, food sickness, or related medical conditions.

Participants are responsible for any medical costs related to such conditions.

### **16. Indemnification**

Participants agree to indemnify and hold harmless Becoming Retreats, its officers, agents, volunteers, affiliates, and employees from any loss, damage, liability, or expense arising from participation in the Programme.

### **17. Health and Medical Responsibility**

Participants acknowledge the inherent risks associated with physical training and yoga activities.

Participants are responsible for obtaining medical approval prior to participating if required.

Becoming Retreats is not responsible for medical expenses, injuries, or illnesses occurring before, during, or after the Programme, including those related to COVID-19.

### **18. Assumption of Risk and Liability Waiver**

Participants accept full responsibility for their personal safety, health, and wellbeing before, during, and after the Programme.

Participants voluntarily assume all risks associated with participation and release Becoming Retreats from liability for injuries, damages, or losses experienced by the Participant or their family members.

### **19. Governing Law**

This Agreement shall be governed by and interpreted in accordance with the laws of Scotland, and the courts of Scotland shall have exclusive jurisdiction.

Company: BECOMING RETREATS LTD

Company Number: 757333

Registered Office and Service address: 272 Bath Street, Glasgow, G2 4JR