



## WILD YOGA GLENCOE FAQ's

### WHERE DO WE MEET?

The meeting point is clearly stated in the event description. Please arrive ten minutes before the event start time as we will be leaving promptly and need to fill in emergency contact info before we set off or start our events.

### HOW DO I CONTACT THE ORGANISERS?

Message Penny & Claire via Facebook or Instagram. Email us at [wildyogaglencoe@btinternet.com](mailto:wildyogaglencoe@btinternet.com) or call or text 07500 358279. Please be aware that immediately before an event we may be in an area of no mobile signal.

### DO I NEED TO BE A MOUNTAIN GOAT OR YOGA EXPERT?

No experience of yoga or hillwalking is needed but a reasonable level of fitness will help you fully enjoy the experience.

### WHAT SHOULD I WEAR?

- o Comfortable, stretchy trousers or leggings – not jeans (these are slow to dry and uncomfortable if they are wet).
- o T-shirt/base layer (one that will 'wick' away moisture, preferably not cotton).
- o Fleece top/mid layer.
- o Thick socks.
- o Sturdy shoes or walking boots – make sure these are well fitting, with good grip and ankle support.
- o Please bring a fresh t-shirt/long sleeved top for the aerial yoga class.

### WHAT SHOULD I BRING?

A rucksack containing the following:

- o Waterproof jacket with a hood.
- o Waterproof trousers.
- o Spare thermal/fleece layers (one or more depending on conditions).
- o Warm hat and gloves.
- o Water-bottle or flask with drink.
- o Packed lunch and spare snack.
- o Water bottle/drink.
- o Personal first aid kit/medication.

\* WE PROVIDE MINI YOGA MATS FOR OUR STRAVAIGS & TEA & CAKE AT THE END OF THE DAY \*

### OPTIONAL EXTRAS

- o Camera.
- o Binoculars.
- o Gaiters.

### WHAT HAPPENS IF THE WEATHER IS BAD?

Our events will go ahead in most weathers so please check the weather forecast and dress accordingly. If the weather forecast is especially severe (bad enough even to stop a wild yogi!), the event host reserves the right to cancel.



## WILD YOGA GLENCOE TERMS & CONDITIONS

By booking an event with Wild Yoga Glencoe you agree to the following:

Taking part in a Wild Yoga Glencoe event is done at the participants own risk. All yoga classes are taught by fully qualified & insured yoga instructors. Outdoor adventures might present some physical and mental challenges, and carries with it the potential for death, serious injury and property loss. The risks may include but are not limited to: actions by other people, slipping on wet surfaces, tripping or falling, burns, hypothermia, lack of hydration, weather and/or other natural conditions. The event hosts assume no responsibility for anyone attending this event. The event host will not be held responsible for any accident, injury or loss occurring as a result of any event or in connection with travel to such event, however caused.

When you book a Wild Yoga Glencoe event, you indicate that you accept these conditions and accept that no legal liability is accepted by the event host should an accident or injury occur.

Participants in Wild Yoga Glencoe events are reminded that outdoor activities need specialist equipment (boots, waterproofs, etc) and we do not provide these. Participants are responsible for assessing their own risk, the safety of themselves and the suitability of any equipment used. All outdoor events are led by a fully qualified and insured Mountain Leader who will take final responsibility for route choice on the day taking into account the weather conditions and fitness of the group.

While accepting no responsibility or liability, for outdoor events, the event host may, at their discretion, not admit you to join the walk or other event if in their opinion you are ill-equipped for the terrain and weather conditions.

## CANCELLATIONS AND REFUNDS

The ticket price is fully refundable if Wild Yoga Glencoe have to cancel for any reason. Wild Yoga Glencoe do not accept responsibility for any additional costs. It is your responsibility to make sure you are suitably covered for any additional outlays you may incur to attend an event.

Events paid upfront with no deposit: If you are unable to attend please let us know as soon as possible, and at least within 7 days of the event taking place. We will attempt to fill your place from a waitlist if the event is full and there is a waitlist, or by re-advertising the place. If we are successful you will receive a refund of the ticket price minus £5 admin fee. In the event that we are unable to fill your place we will give a refund of 50% of the ticket price minus a £10 admin fee.

Events where a deposit only is paid upfront: If you are unable to attend please let us know as soon as possible, and at least within 7 days of the event taking place. The deposit is non refundable. We will attempt to fill your place from a waitlist if the event is full and there is a waitlist, or by re-advertising the place. If you have not paid the balance, and we are successful in refilling the place, no monies are due by either party. If you cancel after having paid the balance, but before the 7 days of the event, we will again attempt to refill the place. If we are unable to refill the place, we will refund 50% of the balance of the ticket. If you have not paid the balance of the ticket by the due date (4 weeks before the event) we are entitled to resell the place and no deposit will be refunded.

Cancellations made within one week of an event cannot be refunded.

## PLEASE BE COVID AWARE & COMPLY WITH ALL CURRENT RESTRICTIONS

Please do not book on/come to our events if you, or anyone in your household has any symptoms of covid, have tested positive, or are self-isolating. Please bring hand sanitiser and a face mask with you if you wish to wear one.