

Ellen Blackman Yoga
Rest and Restore Kinglake Retreat
20-22nd November 2020, Cheeky Fox, Kinglake, Victoria

Terms and Conditions & Frequently Asked Questions

Frequently Asked Questions

Can I do this type of yoga?

Yoga with me is gentle, embodied and somatic, and it is able to be practised by almost everyone. If you have any injuries or concerns just let me know and I will make sure you are able to participate in as much as possible. All yoga sessions, and all activities on the retreat, are completely optional. You may take part in as much, or as little, as you like. Each retreat has a slightly different theme and intention. If there is anything you are unsure about, please email or call to have a chat:

hello@ellenblackmanyoga.com or 0403 779 242

What's the food like?

The menu at Cheeky Fox has been designed to support our practice together. It is plant based and prepared with care by my husband Ede. . All meals can be modified to accommodate allergies and dietary intolerances, so just let me know what your specific needs are when you book. The food is often one of the highlights of the retreat.

Can I come on my own if I don't know anyone?

Absolutely. If you come on your own, you may well leave with new friends. You can be as social or as introspective as you like. The yoga space is a safe space, and many guests join a retreat solo without knowing anyone else there beforehand. You will find the group warm, welcoming and easy to be around.

What if I don't want to share a room?

There are private and shared room options at Kinglake. Private rooms tend to sell out first, so if you already know you would prefer one, I recommend booking as soon as you can. Retreats can fill quickly.

How far is Kinglake from Melbourne?

Here is the link to link to the property address [📍 Cheeky Fox Retreat](#)

It is about 1-1.5 hours drive depending on where you are coming from in Melbourne.

Please make your own way to the retreat or let me know if you would like help with carpooling.

Payment Terms and Booking Process

Deposit and Payment Schedule

- Deposit: A non-refundable deposit of \$850 AUD is required to secure your booking, regardless of room type selected.
- Payment plans: Flexible payment plans are available. After your deposit, the remaining balance may be paid in two equal installments.

- Final payment: Full payment must be received 42 days prior to the retreat start date. Failure to pay by this date may result in automatic cancellation with applicable fees applied.
- Currency: All prices are quoted in AUD.

Requirements

Travel Insurance (Highly Recommended)

Travel insurance is highly recommended for all retreat participants. I suggest taking out a policy within 14 days of making your reservation, and that it covers:

- Trip cancellation and interruption
- Medical emergencies
- All retreat activities, including yoga practice

I recommend [Zoom Travel Insurance](#) as an example provider only.

Participant Agreement Forms

Participants must submit signed waiver and health disclosure forms within 7 days of booking, or 90 days prior to the retreat start date, whichever comes first. Failure to submit these forms may result in automatic cancellation with applicable cancellation fees.

Getting to the Venue

Please make your way to Cheeky Fox in Kinglake 📍 Cheeky Fox Retreat from 11.30am onwards on the 20th November. Lunch will be served at 1pm.

Cancellation Policy

Ellen Blackman Yoga is a small business, so if you need to cancel your booking, please contact me by email as soon as possible so we can talk it through. This cancellation policy helps cover the financial commitment I make to the retreat venue and other local providers, which is non-refundable once dates are secured.

All cancellations must be submitted in writing via email.

Cancellation Timeline and Fees

Cancellation Timing	Credit or Refund Terms
75+ days before retreat	70% of amount paid held as credit toward a future retreat within 12 months of the originally scheduled date. Deposit is forfeited.
45-74 days before retreat	50% of amount paid held as credit toward a future retreat within 12 months of the originally scheduled date. The remaining 50% is forfeited, including the deposit.
20-44 days before retreat	25% of amount paid held as credit toward a future retreat within 12 months of the originally scheduled date. 75% is forfeited.
Less than 30 days before retreat	100% forfeiture of all payments made. No credits or refunds available.

Important notes:

- All deposits are non-refundable, except in extreme circumstances or where explicitly stated otherwise.
- Credits applied to a future retreat are based on that retreat's current rate at the time of rebooking, not the original booking rate.
- No exceptions to this cancellation policy can be made for any reason, including personal emergencies, illness, weather conditions or travel disruptions. This is why travel insurance is recommended.
- Refunds or credits are not offered for late arrival, early departure, or missed activities during the retreat.

Transfer and Substitution

Retreat bookings are transferable to another person over the age of 18 for the same retreat date and package, subject to the new participant completing all required forms and meeting all booking requirements. The original participant remains responsible for full payment.

If Ellen Blackman Yoga Cancels or Postpones

If I need to cancel or postpone this retreat for any reason, including but not limited to insufficient bookings, extreme weather, or other events outside my control, participants will have the following options:

- Transfer full payment to another retreat within 12 months of the original retreat date, or
- Receive a full refund of all payments made to Ellen Blackman Yoga

Ellen Blackman Yoga is not responsible for any additional expenses incurred, including but not limited to transport, accommodation booked outside the retreat, or other related costs.

Health and Safety**My Approach to Yoga**

My yoga practice is gentle, embodied and somatic, designed to be accessible and inclusive for people of all levels and abilities. It honours each person's unique body and circumstances. If you have any injuries, medical conditions or health concerns, please let me know before the retreat. As long as I am aware of your specific needs, I can make accommodations so you can take part safely and comfortably. All activities are optional, and you are always encouraged to modify a practice to suit you.

Health and Fitness Declaration

By booking a retreat, participants confirm that they are medically, physically and emotionally fit to take part in all retreat activities. Participants agree to:

- Disclose any medical conditions, injuries or health concerns that may affect their participation
- Take full responsibility for their own physical condition and wellbeing during the retreat
- Modify activities as needed and let instructors know of any pain or discomfort
- Consult their doctor as needed, acknowledging that Ellen Blackman Yoga is not a licensed medical provider

Liability and Indemnification

Under no circumstances will Ellen Blackman Yoga or its assigns be held liable for injury, death, loss or damage of personal belongings, or any venue or travel incidentals resulting from participation in the retreat.

Should a participant require emergency medical treatment as a result of an accident or illness during the retreat, they consent to such treatment and agree to be financially responsible for all medical or legal bills incurred.

Additional Terms

Photography and Media Release

During your stay, you may be photographed or filmed around common areas at the retreat, with every respect for your privacy. By booking, you agree to allow Ellen Blackman Yoga to use images that include you for marketing purposes.

Itinerary Changes

Ellen Blackman Yoga reserves the right to make necessary adjustments to the retreat itinerary, which may include changes to activities, and meal schedules. Every effort will be made to provide comparable alternatives.

Questions and Contact Information

If you have any questions about these terms and conditions, or need clarification on any aspect of your retreat booking, please get in touch:

Ellen Blackman

Email: hello@ellenblackmanyoga.com

Phone: 0403 779 242

By completing your booking, you acknowledge that you have read, understood and agree to these Terms and Conditions.

Last Updated: August 2026