

Mind Body NATURE

Participant Terms and Conditions 2021

Keeping Safe

When travelling to the session location please ensure you comply with current government advice.

Please respect the guide and other participants before, during and after the event by relating safely. Our guides reserve the right to ask a participant to leave if they are not complying with government regulations.

Our guides will not be wearing masks during the session and we do not require participants to wear masks either, as long as safe distancing is maintained. We do this even during periods of more relaxed government guidelines. This will allow you to receive the full therapeutic benefit of being in the forest atmosphere.

To reduce risk of infection please ensure you have completed the registration paperwork and share with your guide in advance.

In cases where you are only able to bring it on the day, please complete it before arriving at the event and have this ready to give to the guide at the start. It is likely they will ask you to place this in a neutral place (e.g. the boot of their car) rather than handing it to them.

During the session the guides will ask you to relate safely at all times.

We recommend you bring hand sanitiser with you although our guides will have some available should you forget.

Medical conditions/medications/pregnancy

We advise those who are in the 1st trimester to abstain from our events.

If you have any medical conditions, are on a prescribed medication, or have any concerns, please, see your GP and inform them about attending a mindfulness in nature event, citing the possible risks mentioned below. If you currently experience or have a history of serious health issues (including mental health issues, trauma, operations, medical procedures, seizures, implants, special needs), please, inform us so that we can look after you properly.

Possible risks

Nature Connection / Forest Bathing / Mindfulness in Nature events involve breathing deeply, walking slowly through a wooded area, standing and sitting/lying.

Potential physical risks are associated with the walking and breathing exercises, and certain natural hazards (e.g. roots, branches).

Mindfulness can be emotional activity; you may find that certain emotions surface during the exercises. For example your understanding of yourself or your relationship with the environment. This is a normal reaction and happens when our bodies relax and release tension.

Minors

Our events are currently for adults 18+.

Clothing and Equipment

Please note: you may get cold, even in summer. Your body temperature can significantly reduce as we move slowly in the forest and stop regularly

Please ensure you wear and bring the items included on the kit list provided. This list is based on experience. When we are outdoors in nature, medical care can be further away than usual. The whole group is impacted if one person is not prepared.

As a minimum please wear long trousers and tops with sleeves and walking shoes or similar with good grip and ankle support, ideally waterproof. Bring extra layers of warm clothing and a coat. Please also bring water and sun protection if required, and any food or medications you might need. There will be a guided meditation so also bring a waterproof rug (a large bin bag will do) or a foldable chair if being on the ground will not be suitable for you.

Our guides reserve the right to refuse participation in the session if you are not wearing appropriate clothing. This is for your own safety.

Weather

We run nature connection sessions in all weathers with the exception of high winds, electrical storms or extreme cold. There are additional benefits of doing a session in wet weather and often the tree canopy protects participants from inclement weather. However, if the session is cancelled we aim to give you as much advance notice as possible and rebook the session on an alternative day.

Refund Policy

Please, note that we only refund events no later than 72 hours (3 days) prior to the start of the event. If you cancel more than 3 days before the event then you will be refunded in full, less the Eventbrite booking fee. No refunds will be issued in case of non-attendance.

If we have to cancel the event for any reason you will be offered an alternative date or, if a suitable date cannot be arranged, a full refund, less the Eventbrite booking fee.