

**SISTER SOUL  
SANCTUARY RETREAT**

8TH - 13 JUNE 2024  
MASCA, TENERIFE



Our beautiful retreat centre is facilitated by Stichting Yogini rosa, a non-profit foundation. All proceeds will directly support the mission and work of the foundation; organising retreats for women after the diagnosis BC. With your retreat contribution you are sharing in the cost of the location and the services.

Veronica Youdell  
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**Details - Pricing**

Individual Private Suite £1550

Early Bird £1400\*

Shared 2-person Suite £1300

Early Bird £1150\*

**\*Early bird price available until  
01/04/24**

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**Details - Payment**

A 50% non-refundable deposit will be required to secure your booking. The remaining balance should be paid by 8th April 2024. Please email me to confirm once you have made payment.

**Miss Veronica Youdell**

**TSB**

**Acc Num: 16644160 / SC: 30-96-29**

**Ref: Tenerife**



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**What's Included**

5 Nights accommodation with heated pool, terraces and mountain gardens

All equipment hire including yoga mats and beach towels

Yoga classes every day

Opening Ceremony with Cacao

Sound Baths with Gong & Crystal Bowls

All food, healthy snacks, refreshments and teas

Excursion to Mount Teide volcano and beach afternoon

Airport Transfers

\*Flights, travel insurance and private treatments are not included





### Cancelation Policy

Please note that because my Yoga Retreats are limited to a small number of attendees, to allow for a more personable, intimate experience, my cancellation policy is in place to help guests and us alike work together sharing expenses that may arise from unexpected cancellations.

- The 50% hold deposit is non-refundable
- Full balance due 8 weeks before start date of retreat unless otherwise noted.
- Cancellation requests submitted within 30 days of retreat date, 25% of total amount (less deposit) will be refunded.
- Within 14 days of your retreat: sorry but no refunds given, no exceptions.
- Any refunds allowed will incur a 3% processing fee.

## SOME IMPORTANT DETAILS

I have tried to include as much information and detail regarding the retreat. If you have any questions or special requests we can speak about this during our discovery call. To view the proposed itinerary [click here](#)



### ARRIVAL & DEPARTURE:

Airport pick-up will be at 2.30pm. If you fly in earlier you can take a ten minute taxi to El Medano where you can enjoy the beach, shops and cafes. It is possible to leave your luggage at a safe store place. You will be picked up from there. You might like to arrive on the 7th and spend an extra night there. Departure transfer on the 13th will be around 10am. If you have a later flight you can spend time in El Medano..



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### EXTRA INFO:

All rooms are en-suite with double bed unless discussed with me

Hairdryers are available / Massage is available onsite in the mornings and before lunch (pre-book is necessary)

Large Lunch from 1.30pm & Light Dinner from 6pm

Meals are vegan vegetarian



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### WHAT TO PACK:

Good walking shoes should be packed for the trip to the volcano and to explore the area surrounding the retreat centre.

Bathing suits, yoga clothes, white dress or outfit for the closing ceremony, sun cream. More details will be confirmed closer to the start of the retreat.



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## **Travel and Health Insurance**

It's a requirement that you take out appropriate travel insurance, including medical cover for medical treatment, accidents and repatriation, and holiday cancellation and curtailment. We assume that such a policy is in force before you depart.

In the case of any serious health conditions (allergy, mentally and physically), you need to confirm that you are sufficiently fit and healthy to take part in the yoga classes and other activities. We may ask you to provide a consent form from your doctor to confirm you can take part in physical activities.

No one books a retreat with the intention of cancelling it, but unexpected events do occur, so please consider purchasing travel insurance and that it is your responsibility to read and understand our cancellation policies. Exceptions cannot be made for any reason, including weather, injury/illness, or personal emergencies. No refunds or credits for failure to attend or failure to complete the retreat, or for arriving late or leaving early. We encourage you to purchase trip cancellation insurance in order that your trip fees will be covered should you or your family have a medical problem prior to your trip or while on the trip. Trip insurance should also be purchased to cover medical expenses in the event you have an accident while on the retreat. Most travel insurance must be purchased within 14 days of making your reservation. We reserve the right to cancel retreats with inadequate participant interest, in which case all money paid to Veronica Youdell will be refunded. Notification of cancellation for this reason will occur at least 1 month prior to retreat start date. Veronica Youdell cannot be held responsible for any personal expenses, such as airline tickets due to changes in itineraries or retreat cancellations.

## **Covid Travel Update**

Please note that if the retreat has to be postponed based on border closures then a credit for a guests' hold deposit will be issued to be used for the postponement date. If the retreat happens as scheduled, but a guest decides not to attend based on any other reason than a country's border closure, then the regular cancellation policy (stated above) will be maintained.



## DISCLAIMER

Veronica Youdell and all persons involved in retreats (herein after referred to as "AGENTS") act only in capacity as AGENTS for the participant in all matters connected with travel, sight-seeing journeys and transportation, and as AGENTS hold themselves free of responsibility for any damage occasioned by any cause. AGENTS will not be responsible for any damages or expenses or inconveniences caused by late departures or change of schedule, strikes or to their conditions, nor will be responsible for loss or damage to baggage or any of the participant's belongings. All prices quoted are correct at time of printing, include the cost of operation of the journeys, and are subject to currency changes. AGENTS shall not be responsible for personal injury, death, accident, delay, loss, damage, irregularity or property damage as a result of force majeure or for any other losses or damages incurred by any person or journey participants caused by any delay or change of itinerary or arising out of any act, including, but not limited to, any act of negligence, any person acting for or on behalf of AGENTS for transportation, accommodation or sight-seeing provider or any other person or entity rendering any of these services or accommodations being offered in connection with this journey. This agreement supersedes all previous oral or written communications, representations, or agreements between the parties. Participants assume the risk involved when participating in yoga, foreign travel, and any and all activities and/or pursuits voluntarily undertaken while participating in the retreat. Participants agree that any and all disputes between Participants and Veronica Youdell shall be governed by British law. Participants agree to mediate any and all disputes prior to the institution of any litigation. In the event of any litigation between the Parties to this agreement involving their respective rights or obligations, such litigation shall take place in London, UK and the prevailing party shall be entitled to recovery of reasonable attorney's fees and court costs of litigation. In regard to the stay during the yoga retreat, AGENTS will provide safe, careful instruction and safe premises, but ask that each participant to take personal responsibility for their own self-care and (in the unlikely case) for any injuries incurred during retreat. Modifications are given to students with specific needs. If participants are unsure of their physical ability due to previous injuries, they should seek the advise of a healthcare practitioner beforehand. By participating in a retreat, guests acknowledge and agree to images and photos of their being and likeness being taken by Veronica Youdell and other participants and that such images may be shared at will online and publicly.



## DISCLAIMER ADDENDUM

By participating in any program with Veronica Youdell, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release Veronica Youdell from any and all claims or causes of action, known or unknown, arising out of Veronica Youdell negligence. Please consult with your physician before beginning any exercise program. By choosing to use Veronica Youdell's yoga classes found on this Site, you agree to the following: Yoga is an individual experience. You will progress at your own pace, and if you experience any pain or discomfort, you will listen to your body, adjust the posture, and/or stop and rest when needed. You understand there is an inherent risk associated with any exercise program including your voluntary participation in yoga that may result in injury. You understand and are aware that the components of yoga are potentially hazardous activities and may cause injury. You acknowledge that you have either 1.) had a physical examination and/or have been given permission from your physician to participate in a yoga program or 2.) that you have decided to participate in a yoga program voluntarily and without the approval of your physician and do hereby assume all responsibility for your participation in the online yoga videos or any other yoga activity associated with Veronica Youdell. You, your heirs, and legal representatives, do hereby forever waive and release Veronica Youdell from any and all liability and responsibility from injury, accident, illness, legal and medical fees sustained now or in the future resulting from your participation in any yoga videos or activities. You understand that Veronica Youdell is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

