

## **Terms and Conditions.**

### **Prices.**

Prices quoted and agreed will be confirmed by email.

Free “taster “ sessions will be clearly stated as such.

### **Payment**

Any fee must be paid prior to practice commencement.

Invoices and receipts are available on request.

Payments are accepted in UK pounds in cash, by cheque or via Paypal account.

### **Cancellations**

Cancellations to bookings by customer must be made by telephone or email at least 24 hours before practice.

In the event that a booking is cancelled by Practise Mindfulness customers will be offered a full refund of any fee paid

### **Data Protection and confidentiality**

Practise Mindfulness does not hold any customer information other than emails and contact details in email account. If requested to do so in writing, any emails and/or contact details will be deleted from the account within 24 hours of receiving the request.

No credit card details are stored.

Practise Mindfulness will not share any personal information or contact details with a third party.

### **Disclaimer**

When customer first makes contact I will be clear about limitations of service offered and will refer anyone who wishes to deepen their Mindfulness practice to more experienced teachers.

Sharing my Mindfulness practice should not be used as a form of treatment for any ill-health or medical conditions. I am not a therapist. I am offering a social, lifestyle practice. If anyone has any health or well-being concerns they should consult an appropriately qualified practitioner. I reserve the right to refuse to share my practice if I feel that it is not appropriate.

I am committed to continuing my Mindfulness development and practice.