**Best Version of Yourself Retreat**

**Frequently Asked Questions**

**When exactly is the retreat?**

Friday 16th August to Sunday 18th August. Times will be shared nearer the event.

**Where exactly is the retreat?**

The retreat is situated at Dove Farm, Mill Lane, Off Dove Street, Ellastone,

Ashbourne, Derbyshire, DE6 2GY

There are 3 cottages for your stay plus a communal space where activities will take place and meals will be served.

Bedding and towels are provided.

Here is a link to their website if you want to take a look <https://www.dovefarm.co.uk/>

**Who is the retreat for?**

* Women over the age of 21.
* Women who want to be the best version of themselves and reach their true potential.
* Women who want time for themselves.
* Women who want self growth.
* Women who’ve taken the first step into personal development but they want the next level.
* They want to invest deeper into who they are and what they want.
* Women who want to find like-minded souls.
* Women who are going through a spiritual awakening but doesn’t really know what the next step is.

**Will I be sharing a room with someone else?**

Some of the rooms have several beds in them so it is likely that you will be sharing with someone else. This is part of the connection element to the retreat. If you have a medical condition or other serious reasoning as to why you can’t share with someone then please let us know and we’ll do our best to accommodate your request.

**What if I don’t want to partake in one of the sessions?**

This is YOUR retreat so you don’t have to do anything you don’t want to do. Just let your retreat host know.

**What kind of food will be on offer?**

Every retreat is different but here is a sample menu from a previous retreat:

Chicken Curry & Garlic Naan

Vegetable Ratatouille & Jacket Potatoes

Creamy Tomato Pork Casserole with Garlic Bread

Mushroom and Pea Risotto

Lunch

Greek Salad

Leek & Potato Soup with Artisan breads

Tomato & Garlic Pasta

Breakfasts

Continental Breakfast: charcuterie, artisan breads, granola, greek yoghurt, fresh fruit, pastries

Breakfast Box: Hot Sausage Butty, cereal bar and fresh fruit

We do not provide alcohol but you are more than welcome to bring your own.

**Terms & Conditions of Booking**

* Once you have reserved your place with by paying in full or setting up a payment plan you will receive a confirmation email of this and a welcome email.
* 2 weeks prior to the retreat you will then receive email notifications with all the details for the retreat.
* Please let us know of any dietary requirements in advance.
* If you cancel within six weeks of the retreat date you can either reschedule for the next retreat (subject to availability) or receive a 50% refund.
* If you cancel less than six weeks before the retreat, your ticket is non-refundable.
* This retreat is only available for women aged 21 and over.
* If you have a medical condition that makes you unsuitable to participate or may impact your participation in our services, you are required to notify us of them in full prior to making your booking.
* If for any reason the retreat is cancelled by the organiser, a full refund will be provided
* By booking onto the retreat and providing your email address you are also agreeing to be signed up to the Therapy with Neena newsletter.

If you have any other questions or queries about booking the retreat then please contact us at support@therapywithneena.com