



Uyen Vu Body Mind Self Awareness

Guided movements and meditations to connect with the source of happiness and peace

www.uyenyogameditation.com | 50A Fernbank Road, Ascot, SL5 8HE

CANCELLATION POLICY

Welcome to **Uyen Vu Body Mind Self Awareness Practice**.

Uyen Vu – Somatic Embodiment Yoga Meditation offers daily practical tools ease chronic pain and reduce high stress, anxiety, depression, and the effects of trauma. After each session, you'll stand taller, move with less pain, and feel calmer, happier, and more at peace with yourself.

I offer weekly classes, retreats and personalised programmes for people aged **5 to 100+** at my private studio in Ascot, as well as in schools, care settings, workplaces and community venues across the surrounding areas.

I understand that sometimes plans change and you may not be able to attend your session. This policy helps keep things fair for everyone, supports the running of small classes, and allows others the opportunity to book a place.

Weekly Yoga Classes, Courses, Workshops, Private Sessions & 2-hour Retreats

- **5 working days' notice or more:** Full refund or transfer to another available class.
- **4 days' notice (96 hours):** 50% refund.
- **Less than 24 hours' notice:** No refund.

Personalised Programmes (5-Day, 7-Day or 10-Day)

These programmes are individually planned and prepared for you, so **all bookings are non-refundable**.

Older Adults Group Class, After-Stroke Group Class & Dementia-Friendly Group Class

- If you cancel with **more than 24 hours' notice**, you'll receive either a full refund or a credit towards a future class.
- Cancellations made with **less than 24 hours' notice** will be charged in full.
- To help me plan the class, I'd be grateful if you could book your session(s) at least **48 hours in advance**.

Schools, Corporate Wellbeing, Care settings & Children's/Teen Clubs

- **3 weeks' notice or more**: Full refund or the option to reschedule.
- **2 weeks' notice**: 50% refund.
- **Less than 1 week's notice (including weekends)**: No refund.

Vietnam Travel Yoga Meditation Retreats

- **135 days (4½ months) or more before the retreat**: Full refund.
- **120 days (4 months) before the retreat**: 50% refund.
- **Less than 120 days before the retreat**: No refund.

Thank you for your understanding and support. Your cooperation helps me provide a calm, supportive, welcoming and reliable experience for everyone. I look forward to welcoming you to your practice.

All the very best,

Uyen Vu

Teacher

Uyen Vu Body Mind Self Awareness Practice

Somatic Embodiment Mindfulness Yoga Meditation