



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**.

Thank you for choosing to practise **Somatic Embodiment Mindfulness Yoga Meditation**. My aim is to create a safe, welcoming and positive environment where you can gently explore your attention, thoughts and body sensations, helping you feel calmer, more relaxed, more connected, and more at peace within yourself.

I offer 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**.

Over 70s Group Class, After-Stroke Group Class & Dementia-Friendly Group Class

- If you miss a class for any reason, it is **non-refundable** and cannot be transferred to another date.

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 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,

A handwritten signature in a cursive script, reading "Uyen Vu".

Teacher

Uyen Vu Body Mind Self Awareness Practice

Somatic Embodiment Mindfulness Yoga Meditation