

11 November 2022

INNERFLOW BOOKING PROCESS

Our vision of innerflow retreats is to be a service and play space within which people can deepen their relationship with their true selves, find purpose, creativity and meaning in life and work, coupled with true happiness, love and contentment within. Our retreats are designed as a safe refuge and space to dream, meditate, vision, restore, refresh, and focus on your inner work to deepen your relationship with the authentic and true flow of purpose for your life.

When you book your SA retreat with us, you can be assured of your experience being:

- ♥ Conscious and comfortable
- ♥ Purpose-designed
- ♥ Soul-led
- ♥ Heart-filled
- ♥ Vegan and vegetarian friendly
- ♥ Curated (with personal care by owner) with quality
- ♥ Tailor made programs per retreat
- ♥ Support and Sustain Local Communities and business
- ♥ Environmentally sensitive, and friendly retreat partners
- ♥ Business as a force for good – innerflow makes a contribution per retreat to a Non-Profit Foundation: The Bhakti Marga Foundation SA – towards building their new temple and ashram in Stanger, Kwa-Zulu Natal.

BOOKINGS

- Bookings are essential as your date of booking has to be validated for availability.
- To ensure accuracy and avoid misunderstandings, no verbal request will be accepted as a formal booking request.
- Ensure that your booking form below is completed with all relevant information and submitted in order to ensure that your requested dates are reserved.
- Bookings are confirmed upon a 50% upfront deposit payment received.

RETREAT CANCELLATION AND REFUND POLICY

- Cancellations must be received 30 days before the date of the retreat without incurring any penalties or fees. A 100% deposit refund will be offered.
- Balance of payment is due no later than by the start date of the retreat.
- In the unfortunate event that a retreat is cancelled 0-29 days prior to the retreat date, the full amount for the retreat will be charged to the specific individual and/or external organisation.
- Fees are completely non-refundable and are transferable to a confirmed replacement.
- We do not offer credit for late arrivals, or early departures.



- We hold no responsibility or liability for any of your expenses incurred in preparation for any cancelled retreat i.e. airline tickets, loss of work, or other associated costs preparing for your trip. We suggest Travel Protection Insurance to cover you for any instances.
- Should innerflow need to cancel a retreat, a 100% refund on all funds received to-date will be made.
- A flexi-Covid cancellations policy is currently in place. Should you test positive for Covid prior to the commencement of your retreat, you will be issued with a voucher for the full value of your retreat booking, valid for a period of 3 months for rebooking. Alternatively you may transfer your booking to a confirmed replacement.

Thank you for understanding and respecting the cancellation policy.

GROUND or AIR TRAVEL

You will be required to make your own way to the retreat you have booked onto.

We are happy to advise you of the most up-to-date travel information, and link you to our ground transportation partners should you require this.

For your air travel convenience, Lanseria airport is based 3kms from the entrance to our estate and retreat location, should you be flying in for your retreat.

WHAT TO BRING - GUESTS ARE REQUESTED TO BRING THEIR OWN

- Personal Toiletries
- Mosquito repellent
- Flashlight / torch (in the event of power outages)
- Journal and pen
- Any art materials you wish to make use of for your creations
- **Clothing** – We encourage you to dress simply, warmly and comfortably. Please bring loose-fitting clothing for indoors and outdoors, appropriate to the season and local climate in Johannesburg.
- **Other Stuff** – Please bring your walking shoes and thick socks (you may wish to walk in the beautiful surrounds). Also, sun screen, scarf and a hat.

General Liability

I agree that innerflow, Anita Craig, and any of their partners, their directors, officers and agents, herein referred to as innerflow Retreats, shall not be liable for any adverse physical, emotional or psychological effects arising from any of the teachings during this event and cannot monitor my physical, emotional and psychological state. I understand that I am participating in a retreat that may activate a physical, emotional, and/or psychological reaction. I take full responsibility for assessing the risk any activity poses to me. I agree to assume the liability for any injuries or damages I might experience arising out of my participation in this process.

I understand that all instructions will be primarily in English, and I take full responsibility for the understanding of all the instructions, especially if English is not my first language.

Print Full Name:	
Physical Address:	Province/State:
City:	Country:
Code:	
Phone:	Email:
SA Identity No:	Passport No:
Date:	Authorised Signature:

EXTERNAL BOOKINGS

To secure your booking we kindly request a 50% deposit of your retreat package.

Payment Option 1: EFT

BANKING DETAILS – First National Bank

ACC NAME: Future Leaders of the World (Pty) Ltd

BANK: FNB BUSINESS CHEQUE ACCOUNT NO: 62759808507

BRANCH: 204809

REFERENCE: NAME AND DATE OF RETREAT

Payment Option 2: PayPal

Simply click here to make your payment with PayPal:
https://paypal.me/FLOWMLP?country.x=ZA&locale.x=en_US

Final and full payments to be made before the commencement of your retreat.

AUTHORIZATION:

I agree to the terms and conditions OUTLINED ABOVE:

Signature

Date

INNERFLOW RETREAT BOOKING FORM			
Name		Surname	
Contact Number		SA Identity No / Passport No	
Address		Email Address	
Indicate Number of attendees		Adults	
		Male	Female
SA Lanseria innerflow Retreats Costings Information			
SUMMER SPECIALS valid from November to December 2022			
<p><u>Package Option 1:</u> ZAR 3,865.00 per day incl. VAT and incl. Dinner, Bed & Breakfast and Accommodation</p> <p>50% Deposit: ZAR 3,865.00</p>	<p style="text-align: center;"><u>Bespoke Personal Retreat: residential weekend retreat</u></p> <p style="text-align: center;">2 days, 2 nights Retreat</p>		<p>Please tick the appropriate box(es)</p>
<p><u>Package Option 2:</u> ZAR 2,865.00 per day incl. VAT and including catering</p> <p>50% Deposit: ZAR 2,865.00</p>	<p style="text-align: center;"><u>Personal inner leadership journey – non-residential weekend</u></p> <p style="text-align: center;">2 consecutive days</p>		
<p><u>Package Option 3:</u> ZAR 3,500.00 per day incl. VAT, Dinner, Bed & Breakfast and Accommodation and art materials</p> <p>50% Deposit: ZAR 3,500.00</p>	<p style="text-align: center;"><u>Cultivating inner creativity Retreat – residential mid-week retreat</u></p> <p style="text-align: center;">2 weekdays, 2 week nights Retreat</p>		
<p><u>Coaching Option 4:</u> ZAR 9,000.00 incl. VAT for 6 x 1:1 coaching 60min online sessions over 3 months</p> <p>50% Deposit: ZAR 4,500.00</p>	<p style="text-align: center;"><u>Post Retreat 1:1 3 month Coaching Package</u></p>		
Residential Retreat Rates inclusive of Supper, Breakfast, Accommodation, Art supplies			

Indicate any Preferred options, dietary considerations, notes, or requests for your retreat:

Kindly complete in full and return to info@innerflow.co.za with your 50% Deposit EFT Proof of Payment to confirm your booking.

Contact us for any special arrangements for group bookings.