

TERMS & CONDITIONS, PARTICIPANT AGREEMENT, LIABILITY WAIVER & MEDIA CONSENT

Cedar Peak Retreat 2026

RETREAT DETAILS

Retreat:

Cedar Peak Leadership Threshold Retreat

Dates:

1 July – 5 July 2026

Location:

Cedar Peak Guest Farm, Pampoenfontein, Dasklip Pass, Cederberg Mountains, Western Cape, South Africa

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1. ENROLMENT & BOOKING PROCESS

- Submission of an enrolment form does not automatically confirm participation in the retreat.
- Participation is subject to retreat availability, accommodation allocation, and completion of the enrolment process.
- All enrolments are personally reviewed by innerflow in order to support retreat alignment, accommodation planning, and participant readiness.
- Participants will be contacted personally following submission regarding next steps and retreat availability.
- Payment instructions and/or invoices will be issued following this process.
- A 50% deposit is required to secure and confirm participation.
- Full payment must be received by the communicated payment deadline in order to retain a confirmed place on the retreat.
- innerflow reserves the right to release unconfirmed places where payment deadlines are not met.
- No verbal booking requests shall be accepted as formal enrolments.
- All information supplied by participants must be accurate and complete.

2. RETREAT PRICING

Accommodation options are offered subject to availability.

Shared Accommodation Package:

ZAR 24,500 incl. VAT

Private Room Allocation:

ZAR 28,500 incl. VAT (limited availability)



The retreat fee includes:

- Four nights' accommodation
- Full retreat facilitation
- Group sessions and reflective processes
- Plant-based catered meals and refreshments
- Teas, beverages, snacks, and condiments
- Access to retreat facilities and communal spaces

The retreat fee excludes:

- Flights and air travel
- Personal transport costs
- Medical and travel insurance
- Personal expenses
- Additional accommodation outside retreat dates
- Optional shuttle transport arrangements unless specifically included

3. PAYMENT TERMS

- A 50% deposit secures and confirms participation in the retreat.
- The remaining balance must be paid in full by the specified payment deadline communicated by innerflow.
- Full payment is due by 15 June 2026 unless otherwise agreed in writing by innerflow.
- Failure to complete payment by the required date may result in cancellation of the booking and release of the reserved place.
- Banking details and payment instructions will be issued directly following enrolment confirmation.

4. CANCELLATION & REFUND POLICY

- Retreat deposits and payments are non-refundable.
- Participants may withdraw from the retreat at any time prior to commencement; however, deposits and payments remain non-refundable.
- Retreat places may be transferred to another participant approved by the organisers.
- No refunds, credits, or discounts will be issued for late arrivals, early departures, or non-attendance.
- innerflow accepts no liability for costs incurred by participants in preparation for the retreat, including but not limited to:
 - flights
 - airline penalties
 - accommodation
 - transport
 - taxi expenses
 - communication expenses
 - travel administration costs
 - personal leave or loss of income
 - other associated expenses
- Participants are strongly advised to obtain appropriate travel, cancellation, and medical insurance.
- In the event that innerflow cancels the retreat, all retreat funds received directly by innerflow will be refunded, excluding third-party expenses already incurred and not recoverable from suppliers, venues, travel providers, or related service partners.

5. HEALTH, SAFETY & PARTICIPANT RESPONSIBILITY

- Participation in this retreat is voluntary and undertaken entirely at the participant's own responsibility and risk.
- Participants confirm that they are physically, emotionally, and psychologically able to participate safely in retreat activities and group processes.

- This retreat is not therapy, psychiatric treatment, medical treatment, or emergency psychological care.
- Participants remain fully responsible for their own physical, emotional, psychological, and medical wellbeing throughout the retreat.
- Participants are encouraged to seek appropriate professional support where required prior to participation.
- Participants are responsible for informing innerflow of any relevant dietary, medical, mobility, or health considerations prior to arrival.
- innerflow reserves the right to decline or discontinue participation where safety concerns arise for the participant or group.
- Travel healthcare, medical cover, emergency evacuation, and personal accident insurance are not included in the retreat package.

6. ALCOHOL & CONSCIOUSNESS-ALTERING SUBSTANCES

- This retreat is intentionally held as a substance-free environment.
- Participants are requested to refrain from alcohol, recreational drugs, and consciousness-altering substances before and during the retreat unless medically prescribed.
- Participants remain personally responsible for all medical requirements and prescribed medications during the retreat.

7. GROUND & AIR TRAVEL

- Participants are responsible for arranging their own travel to and from the retreat venue unless otherwise specified in writing.
- Optional shared shuttle transport information may be made available to participants where possible.
- innerflow accepts no responsibility for travel disruptions, missed connections, transport delays, or third-party transport arrangements.

8. CATERING & DIETARY REQUIREMENTS

- The retreat is fully catered.
- Meals, teas, refreshments, beverages, condiments, and snacks are included within the retreat fee.
- Meals are plant-based and prepared in alignment with the retreat environment and seasonal conditions.
- Participants are requested to communicate dietary requirements in advance.
- Special dietary requests should preferably be communicated no later than seven (7) days prior to retreat commencement.

9. RETREAT ENVIRONMENT & VENUE RESPONSIBILITY

- Cedar Peak rooms and indoor spaces are smoke-free.
- Participants agree to treat the retreat venue, cottages, facilities, natural surroundings, and communal spaces respectfully and responsibly.
- Participants may be held financially responsible for damage caused through negligence or misconduct.
- Participants acknowledge that the retreat takes place within a remote wilderness environment and accept associated environmental conditions and risks.

10. TECHNOLOGY & PERSONAL RESPONSIBILITY

- Participants are encouraged to engage consciously and intentionally with technology throughout the retreat period.
- WiFi availability may vary depending on location and environmental conditions.
- Participants remain personally responsible for the safekeeping of all valuables, devices, and personal belongings.

11. LIABILITY WAIVER & ASSUMPTION OF RISK

I acknowledge and agree that my participation in this retreat and associated activities with Future Leaders of the World (Pty) Ltd trading as innerflow, including any retreat partners, venues, facilitators,

service providers, contractors, or collaborators (including but not limited to Cedar Peak Guest Farm and Wild Within Wellness), is entirely voluntary and undertaken at my own risk.

To the fullest extent permitted by applicable law, I release and hold harmless innerflow, Future Leaders of the World (Pty) Ltd, Cedar Peak Guest Farm, Wild Within Wellness, affiliated entities, partners, directors, officers, facilitators, employees, representatives, contractors, volunteers, and agents (collectively referred to as “the Organisers”) from any liability, claims, damages, losses, injuries, costs, or expenses arising from my participation in the retreat, except where such liability arises directly from gross negligence or wilful misconduct by the Organisers.

I acknowledge that participation in retreat activities, facilitation processes, wilderness environments, reflective exercises, and group experiences may involve physical, emotional, psychological, or environmental risks.

I understand that the Organisers cannot monitor or assess my physical, emotional, or psychological condition and that I remain solely responsible for determining my ability to participate safely.

I voluntarily assume full personal responsibility for any risks, injuries, losses, or damages arising directly or indirectly from participation in the retreat.

I further acknowledge that retreat communication and facilitation will primarily occur in English and that I remain responsible for ensuring my understanding of all instructions and communications.

This waiver shall be binding upon me, my heirs, executors, administrators, assigns, and legal representatives and shall apply to any claims arising before, during, or after the retreat.

Nothing within this waiver excludes or limits liability where such limitation is prohibited by applicable law.

12. VOLUNTARY PHOTO & VIDEO CONSENT

I acknowledge and agree that photographs, video recordings, audio recordings, and related media content may be captured during the retreat by Future Leaders of the World (Pty) Ltd trading as innerflow and/or its appointed media representatives.

Such recordings and media content may be used for the following purposes:

- Website publication
- Social media
- Instagram
- Facebook
- YouTube
- WhatsApp
- Retreat marketing
- Educational and communication purposes
- Future retreat promotion
- Video-on-demand or related content services

The recordings and media content may be processed, stored, published, and distributed through third-party platforms and services, including platforms operated outside South Africa and outside the European Union.

This may involve the transfer of personal data, including photographic, video, audio, and related user interaction data, to third countries where levels of data protection may differ from those provided under GDPR or equivalent legislation.

Future Leaders of the World (Pty) Ltd trading as innerflow is responsible for media production and associated data processing relating to retreat activities and communications.

I understand that my consent is voluntary and may be withdrawn at any time in writing with effect for future use of media content, subject to materials already published, distributed, or produced prior to withdrawal.

Requests relating to media consent, withdrawal of consent, or privacy matters may be directed to:

anita@innerflow.co.za

13. GENERAL TERMS

- innerflow reserves the right to make reasonable adjustments to retreat schedules, accommodation allocations, facilitators, catering arrangements, or retreat logistics where required.
- Participants are expected to behave respectfully toward other participants, staff, facilitators, service providers, and the retreat environment at all times.
- innerflow reserves the right to remove any participant whose behaviour is deemed unsafe, disruptive, abusive, or materially detrimental to the wellbeing of the retreat group.
- No refunds shall be issued in such circumstances.

14. PARTICIPANT ACKNOWLEDGEMENT

By completing the enrolment process and/or participating in the retreat, I acknowledge and agree that:

- I have read and understood these Terms & Conditions.
- I voluntarily accept the conditions outlined above.
- I understand the nature of the retreat environment and participation requirements.
- I accept personal responsibility for my participation and wellbeing throughout the retreat.
- I understand that retreat participation is subject to retreat availability, accommodation allocation, and completion of payment requirements.

INNERFLOW RETREATS

Future Leaders of the World (Pty) Ltd
South Africa