



Adventure For Wellbeing

Provider of mindful and holistic courses, coaching and adventurous activities.
www.swoopcoaching.com

Terms & Conditions

8 Week Mindfulness Based Stress Reduction Course (Virtual)

Please secure your booking for this course with the full payment of £200.

Upon booking for this course, you will be contacted by Tom for an opportunity to learn more about the course and to ensure that it is a suitable course for you. If either party believes that the course will not be suitable, then a full refund will be given.

It is also possible to contact Tom with questions and enquiries about the course before committing to payment.

If one session is missed, then ordinarily you will be sent an email summarising the content within the session and the required home practice for the week. There may also be the possibility of a quick catch up with Tom if he is available to do so.

If 2 consecutive sessions are missed then a 1-1 virtual catch-up lasting approximately 1 hr is required at a charge of £65.

If 3 days are missed, then you will no longer be able to attend the course, however you can book onto a future course for 1/2 of its full price.

In order for the course to be beneficial, every attempt must be made to stick with the home practice as it is laid out (approximately 30 minutes per day, approximately 5 days each week.)

A strong and reliable internet connection and access to Zoom is required for the virtual course. If you are taking the course in a public space then headphones are required for group confidentiality. Ideally a private and quiet space is most desirable so that participation in meditations is made more accessible.

This is a compassionate course and a safe and confidential space and there is zero tolerance on bullying or discrimination during these sessions. If you have a concern during the sessions please raise it directly and privately with Tom, and he will do what he can to resolve the situation.

Camera's do not have to be on during the zoom session and if this helps you to feel more comfortable, or if there are any issues relating to participating in a virtual course then please contact Tom directly prior to the course beginning.

Some elements of the course might be recorded in order for absent members of the group to be able to 'catch-up' on what they missed. when a recording takes place in Zoom, a recorded voice announces the beginning and end of the recording and a red dot is visible on the screen. If you do not wish to be recorded, please discuss this before taking the course. It is also acceptable to turn off your camera and mute your mic during the time a recording takes place.

In the unlikely event that the hosts' (Tom Powell's) internet connection or other technical issue means that the majority of a session cannot take place, or is severely disrupted, or if Tom is indisposed through illness or an emergency, then he will contact the group to discuss the best possible solution.