THE LONG EXHALE

Cancellation & Transfer Policy

A full-day retreat takes careful planning. Venue, catering and facilitation costs are committed well ahead of the day, so the options below get firmer as the retreat gets closer. Please read this before booking.

Policy at a glance

When you cancel	Refund	Transfer or change of date
15 or more days before the retreat	Refund less a $25 admin fee	Or transfer to another person or a future Long Exhale
14 to 8 days before	No refund	Transfer to another person or a future Long Exhale
7 to 4 days before	No refund	Transfer to another person only
3 days or less before, or no-show	No refund	No transfer and no change of date

How it works

Days are counted back from the day of the retreat. Cancellations and transfers are effective from the date and time we receive your written request.

Admin fee. Where a refund applies, a $25 administration fee is deducted from the amount paid.

Transfers. Where a transfer is allowed, you may pass your place to another person at no cost. Email us the new attendee's full name, email address and phone number, plus any dietary or accessibility requirements as soon as possible or at least 4 days prior to the date of the retreat. Where a transfer to a future Long Exhale is allowed, it is subject to availability and applies to one retreat only.

No-shows and late arrivals. Missing the retreat, or arriving late or leaving early, does not entitle you to a refund, credit or transfer.

Changes by Meet Move Eat. If we cancel or reschedule the retreat, you will receive a full refund or a credit toward a future Meet Move Eat event, whichever you prefer.

How to cancel or transfer

Email **hello@meetmoveeat.com.au** with your name, the retreat date and your request. We will confirm in writing within 2 business days.

By booking, you confirm that you have read and agree to this policy.