

Terms & Conditions – Himalayan Retreat with Hanuman Dass

1. General Information

- This retreat is organized by **Go Dharmic** and led by **Hanuman Dass & Friends**.
 - The retreat will be held from **October 18th – October 27th, 2025**, across the **Himalayan foothills of Uttarakhand, India**, concluding in **Rishikesh**.
 - Participation is limited to a **maximum of 40 guests**.
 - The focus of the retreat is on **spiritual practice (Sadhana)**, **selfless service (Seva)**, and **pilgrimage to sacred sites**.
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2. Eligibility & Participation

- Open to individuals **18 years or older**.
 - Participants should be in **good physical and mental health**, and able to handle **moderate physical activity** and **high-altitude conditions**.
 - A basic level of fitness is recommended, as the itinerary involves **walking, light hiking, and temple visits**.
 - Participants must have a sincere interest in **spirituality, yoga, meditation**, and **Indian culture**.
 - It is the participant's responsibility to ensure they fully understand the nature and structure of the retreat before registering.
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3. Registration & Payment

- Registration cost **£2000 per person** is required and to be paid, which goes directly to supporting **Go Dharmic's global humanitarian projects**.

- This donation includes:
 - **Accommodation** for the entire retreat duration.
 - **All vegan meals** (prepared in accordance with Ayurvedic & Sattvic principles).
 - **All scheduled group activities**, satsangs, workshops, and guided temple visits.
 - **Local group transport** within Uttarakhand, including transfers from **Pantnagar Airport on arrival** and **to Dehradun Airport on departure**.
 - **Not included:** International flights, domestic flights, visa fees, personal expenses, and travel insurance.
 - Full payment is required to confirm booking unless otherwise agreed upon in writing with the organizers.
 - **Payments are non-refundable**, except under limited conditions stated below.
 - **Please note:** Any **special arrangements**, including **deposit payments**, **partial contributions**, or **installment-based payments**, are **non-refundable** under all circumstances. As this is a charitable retreat, all funds go directly toward confirmed **logistics, accommodations, and program costs**, and cannot be reallocated once committed.
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4. Cancellation Policy

- **Cancellations made before August 10th, 2025:** Eligible for a **50% refund** of the donation made.
- **Cancellations made on or after August 10th, 2025:** **No refund** will be provided.
- If the retreat is cancelled by the organizers due to unforeseen circumstances, a **full refund** will be issued.
- **Travel insurance covering cancellations and medical emergencies is mandatory.**

- **Please note:** Any **special arrangements**, including **deposit payments**, **partial contributions**, or **installment-based payments**, are **non-refundable** under all circumstances. As this is a charitable retreat, all funds go directly toward confirmed **logistics, accommodations, and program costs**, and cannot be reallocated once committed.
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5. Accommodation & Meals

- Participants will stay at the **Go Dharmic Peace Centre** or partner resorts in Uttarakhand and Rishikesh.
 - Accommodations are **simple, clean, and shared** (based on same-gender unless otherwise arranged).
 - Meals provided will be **100% vegan**, Sattvic, and designed to support the spiritual process.
 - **No alcohol, smoking, or non-vegetarian food** is permitted during the retreat.
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6. Travel & Transportation

- Participants must:
 - Arrive at **Indira Gandhi International Airport, New Delhi**.
 - Book a **domestic flight to Pantnagar Airport** on **October 18th** (2 daily flights available).
 - Book their return flight from **Dehradun Airport** on **October 27th**, as the retreat concludes in **Rishikesh**.
- Group transport from **Pantnagar to Guniyalekh** and from **Rishikesh to Dehradun Airport** is included.
- Participants are responsible for **international and domestic flight bookings, visa arrangements**, and **any personal travel** outside the retreat itinerary.

7. Health & Safety

- Participants must disclose **medical conditions, allergies, or dietary restrictions** in advance.
- Basic first-aid will be available; participants must carry their own prescription medication.
- The retreat takes place in **remote, natural settings** with limited access to immediate medical care.
- **Medical and travel insurance is compulsory** for all attendees.
- Participants must comply with **all safety guidelines and instructions** from the retreat team.

8. Code of Conduct

- All participants are expected to:
 - Show **respect, mindfulness, and consideration** toward fellow participants, local culture, and the natural environment.
 - Follow the **daily retreat schedule** including yoga, meditation, seva, and satsang.
 - **Refrain from alcohol, tobacco, and recreational drug use.**
 - Dress modestly and behave respectfully at all sacred sites.
- Disruptive behavior or violation of these rules may lead to **dismissal from the retreat without refund.**

9. Weather & Packing Recommendations

- October temperatures range from **10°C to 25°C** - cool mornings and warm afternoons.

- Recommended items:
 - Warm layers (sweaters, jackets, shawls)
 - Modest, comfortable clothing for yoga and temple visits
 - Walking shoes
 - Yoga mat
 - Refillable water bottle
 - Toiletries and medications
 - Notebook and pen for journaling
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10. Liability Disclaimer

- Participation in the retreat is at one's **own risk**.
 - The organizers are **not liable** for any injury, illness, loss, accident, or damages during the retreat.
 - By registering, participants agree to waive any claims against **Go Dharmic, Hanuman Dass**, or associated partners.
 - Participants agree to be responsible, prepared, and respectful at all times.
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11. Contact Information

For all questions or assistance, please contact:
events@godharmic.com

By registering, participants confirm that they have **read, understood, and agreed** to the above Terms & Conditions in full.