

# Veduna

## RETREAT CENTRE

Thank you for your interest in Veduna Retreats! Please find enclosed all the relevant information regarding the Retreat Centre and what it offers. We hope this will be helpful to you and if you need any further assistance, please do not hesitate to contact us at [hello@vedunaretreats.com](mailto:hello@vedunaretreats.com)

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## ACCOMMODATION

Minimum required number of paying participants per retreat is 10. The maximum capacity is 25.

### Retreat Centre – capacity 21 people

- 3 double bedrooms (18 m2 each) price (per person per night)
  - 15th June – 15th September : €130
  - Rest of the year : €118
  - *Misty Sage*: 2 single beds, bathroom, balcony
  - *Morning Glory* : 2 single beds, bathroom, balcony
  - *Rosemary*: 2 single beds, bathroom, balcony
  
- 2 triple bedrooms (23 m2 each) price (per person per night)
  - 15th June – 15th September : €115
  - Rest of the year : €104
  - *Lotus Flower*: 3 single beds, bathroom, balcony
  - *Cherry Blossom*: 3 single beds, bathroom, balcony
  
- 2 dormitories (31 m2 each) price (per person per night)
  - 15th June – 15th September : €94
  - Rest of the year : €82
  - *Willow Tree*: with 4 single beds, shared bathroom.
  - *Dream Room*: with 4 single beds, shared bathroom (Dream Room dormitory is only available when all other accommodations are full)
  
- 1 single room (18 m2): price (per person per night)
  - 15th June – 15th September : €192
  - Rest of the year : €175
  - *Allegra Room*: 1 double bed, shared bathroom

## Farm house – capacity 2 people

- *Butterfly Room* (23 m<sup>2</sup>)
  - price (per person per night)
    - as double room
    - 15th June – 15th September : €130
    - Rest of the year : €118
    - as single room
    - 15th June – 15th September : €192
    - Rest of the year : €175
  - 1 double bed and 1 single bed, shared bathroom

## Teacher's Accommodation – *Rose Cottage* – capacity 2 people (double bed)

We offer a small private mezzanine apartment with a separate entrance for the practitioner.

*Rose Cottage* consists of an upstairs double bedroom and ground floor kitchenette / dining / living area & bathroom

Price (per person per night)

15th June – 15th September : €130

Rest of the year : €118

**This is provided free of charge to the practitioner where there are a total of 12 or more paying people attending the retreat.** If the practitioner wishes to share the cottage with a partner or assistant, the second person will only pay 50% normal double room rates, when there are 12 paying people.

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## COMMUNAL SPACES

### Dining area / Conference space

Large space (140 m<sup>2</sup>) with smart board / TV (180 x 100 cm) and audio equipment, wood burning stove, relaxation area, and small library.

### Yoga & Meditation Studio

Large space (62 m<sup>2</sup>) with balcony, private bathroom & storeroom.

Fully equipped to host yoga for 20 people – mats, blankets, belts, bricks, bolsters.

### Small Workshop room

Additional space for a breakout space, art/crafts room(11 m<sup>2</sup>). Equipped with Moroccan style sofa / day bed with table and wooden benches.

### Treatment room

Fully equipped with nearby shower room (11 m<sup>2</sup>).

### Lime Tree Cafe & Shop

With seating area inside and outside. Selling organic artisan produce from Veduna Farm and local producers. Cafe opened during retreats (at a time agreed with the practitioner).



## OUTSIDE FACILITIES

**NATURAL SWIMMING POOL** - with relaxation area, poolside chairs & solar-powered shower.

**YOGA WOODEN DECKING** (next to the pool) - large area perfect for sunrise asana practice.

**YOGA WOODEN DECKING** (next to sauna) - large flat area (about 18 meters long and 5 meters wide).

**SAUNA** - hand built to traditional design (4m x 4m). The sauna is available for use during the retreat at an additional cost of 50€ for a 2 hour session.

Use of the sauna requires min. 2 hours advance notice for heating. And it's available till 19:00 during the spring/summer and till 17:00 during the winter/fall time.

**FIRE PIT** - seating around a bonfire with a view of the hills beyond.

**LAND TO ROAM** - 23 hectares of private land to wander carefree, surrounded by mountains and meadows as far as the eye can see and the feet can carry. There are a variety of footpaths from the farm and we would be happy to provide a guided walk in the forest for a group hike of between 1 and 2 hours, if requested.



## FOOD

Food is our passion. Simple, vegan / vegetarian food full of Prana. Organically grown on Veduna or sourced locally. Freshly picked and lovingly prepared. We offer a choice of vegan, vegetarian or ayurvedic cuisine at the times that suits the Group.

The following meals are included in the price:

- **Smoothies:** freshly prepared and provided as a morning starter
- **Brunch:** freshly prepared, elaborate choice of dishes and spreads
- **Dinner:** freshly prepared easily digestible, soup, main dish, side dishes and salads
- **Available all day:** Healthy snacks, fresh fruit, instant coffee, organic herbal teas and fresh lemonade.

If you have any requirements that are different from the above, please specify and we'll try our best to accommodate you. Please let us know as soon as possible of any special dietary needs (e.g. gluten free, allergies)..

Please note: alcoholic drinks are not served and allowed on the premises.



## ADDITIONAL SERVICES

**CAFE** with outside seating under the beloved lime tree. A selection of teas, coffee, organic lattes and homemade or locally produced cakes at additional cost. Open at a time to fit in with the retreat programme.

**SHOP** - we have a small shop where participants can purchase Veduna produce, cosmetics and other items.

**OTHER VEDUNA OFFERINGS** - we can offer participants the following optional services at additional cost:-

- reflexology/whole body/tui-na massage
- group & individual sound bath
- cacao ceremony
- craniosacral therapy

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## CAMPING

Camping option is available only for events that require more space than we can offer under roof such as festivals / one-off big events and only as an option for the overflow for numbers above 25. More information available upon request.

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## TRANSPORT TO VEDUNA

### AIRPORTS

You can fly to any of the following airports. Beside the airport name we have indicated the approximate driving time from Veduna.

- Ljubljana - Brnik (1h 15m)
- Klagenfurt (1h 30m)
- Graz (1h 45m)
- Trieste (2h 15m)
- Zagreb (2h 30m)
- Venice (2h 45m)

We are glad to arrange pick-up for your group at any of the above mentioned airports. Pick-up is usually with small vans (up to 8 people). The price of pick-up depends on the airport where you land and how many people are picked up at the same time.

## BOOKING, DEPOSIT & PAYMENTS

### BOOKING

The minimum reservation is three nights and for at least 10 people. In the period from June 15 to September 15, the minimum reservation is four nights. The accommodation is paid for the minimum of 10 people: That means that if you have a lower number of participants the cost for the booking will be for 10 people.

Upon agreement of the dates and other retreat details, we will send the practitioner a Retreat/Workshop Booking Summary form to confirm the prices and other details. Please read this carefully. The booking is only confirmed when we receive a €1500 deposit from the practitioner.

### PAYMENT

Payments are in two stages:

#### First stage:

Once dates have been agreed, to confirm your place please send us a non-refundable deposit of €1500, payable by bank transfer or credit card.

Account details:

**Recipient:** Zavod Veduna, Lopatnik 4, 3320 Velenje, Slovenia

**IBAN:** SI56 6100 0001 2117 296

**Bank:** DELAVSKA HRANILNICA

**BIC / Swift:** HDELSI22

#### Second Stage:

- (a) Where the practitioner is collecting the accommodation fees, the full balance is due at least four weeks prior to the arrival date. You can pay the whole balance by bank transfer or credit card if you prefer (3% credit card surcharge). Once the balance is paid we can not issue a refund.
- (b) Where Veduna are collecting the accommodation fees direct from the participants, we shall provide you with a link for participants to register direct on to our booking system.

### OTHER COSTS

Upon arrival attendees need to pay the tourist tax of €1.75 per night. We will also collect from participants any airport transfer costs and cafe/shop expenditure during the retreat

## CANCELLATION POLICY

### **PRACTITIONER'S DEPOSIT**

The practitioner's deposit of €1500 is non-refundable. Until the deposit is received, the booking is considered provisional and the dates are not secured.

In the event that the retreat needs to be postponed due to Covid related restrictions, the practitioner can select new dates for the retreat which have not already been taken by another practitioner.

In the event of cancellation/postponement for any other reason more than 90 days before commencement of the retreat, we will look to transfer the deposit to a retreat on alternative (non-peak season) dates during the same year. If the cancellation is less than 90 days before commencement of the Retreat, a new deposit will be needed for any alternative arrangement.

### **PARTICIPANTS FEES**

if a participant pays some or all of a accommodation fee and subsequently needs to cancel their booking, the following refund policy will apply:-

(a) cancellation more than 30 days before the start of the retreat, a 90% refund will apply.

(b) cancellation less than 30 days before the start of the retreat, no refund will be provided, unless due to Covid-19 travel restrictions prohibiting travel to join the Retreat, in which case a 90% refund will apply.

We recommend that all participants take out travel insurance to cover cancellation due to unforeseen circumstances.

## LASTLY.....

We understand that every retreat is unique. Veduna's vision is to provide a supportive environment where the practitioner can achieve their own aims and all participants can flourish. Please let us know if there is anything that is not covered in this information booklet or where we can be of service. Thank you!

## CONTACT

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