

# Q&A



## **1 What are the provisions for poor weather on the day of the event?**

This is meant to be a fun and enjoyable trip. Weather can plan a large part of an outdoor experience. A gentle rain on a warm day can be very delightful and we advise everyone to dress weather appropriately. When making the decision to cancel, we will look at the temperatures, chance of rain and thunderstorms, and current conditions of the river. Ageless Arts Yoga will make the final decision regarding all weather cancellations. We will do our best to give as much notice as possible, but request that you check your email after 8am on the day of your trip.

## **2 Are there any rain dates?**

There are no currently scheduled rain dates, but options may be provided at time of cancellation.

## **3 Do you offer refunds?**

Yes...

100% refund with 72 hours notice  
75% refund with 48 hours notice  
50% refund with 24 hours notice  
0% refund with less than 24 hours notice

## **4 What are the deadlines for registering?**

Registration closes when the class is full, or two (2) days before the trip. Whichever comes first.

## **5 Do you have wait lists?**

Yes, if a trip sells out we are happy to keep a waiting list in case anyone drops out.

## **6 What's the minimum and maximum numbers for Kayaking, Yoga & Meditation?**

We require 5 participants for each trip and our goal is to stay under 15 people registered.

## **7 Do you require experience in Kayaking, Yoga or Meditation to participate?**

No experience required.

Tracey Eccleston is a Yoga Alliance approved Yoga teacher with years of experience working with all levels of students in both Meditation and Yoga. Additionally, Ageless Arts Yoga has hired in the expertise of Grand River Kayaking to provide us with professional instructor and guide to support for those new to Kayaking.

## **8 Why am I not allowed to bring my phone? What about pictures?**

Our goal is for everyone to disconnect from technology and reconnect with nature. Our experience is that the addiction is strong and if we have our phones on us, we slip into using them. We recommend leaving your technology and watches at home, but will offer a dry bag to store all phones in one of the leads kayaks. We understand that photos are important to a lot of people. We have one water proof camera that will be used discretely to take "in the moment" pictures and a final group picture. These photos will be posted on our Facebook page for everyone to enjoy.