

Cancellations and Refunds Policy



Last updated: December 2025

- 1:1 sessions require 24 hours' notice
- Workshops and group sessions are non-refundable
- Digital resources are non-refundable once downloaded
- If Breathe & Bloom cancels a session, a full refund or alternative date will be offered

Digital Resources Policy



Last updated: December 2025

All digital workbooks, guides, and materials are for personal use only.

They may not be copied, shared, reproduced, or redistributed without written permission.

Complaints Policy

Last updated: December 2025

If you are unhappy with any aspect of a service, you are encouraged to raise concerns directly.

bandbwellbeing@outlook.com

Complaints will be acknowledged within 5 working days and handled respectfully, confidentially, and fairly.