

Terms & Conditions

The Sleep Guru

The Rest Ritual Ltd (Company No. 16654574), trading as The Sleep Guru

Effective date: April 2026 · Version 1.0

1. INTRODUCTION

Who We Are

These Terms and Conditions govern your access to and use of the programmes, services, and digital content offered by The Rest Ritual Ltd (Company No. 16654574), trading as The Sleep Guru ("we", "us", "our").

By purchasing any programme or service, you confirm that you have read, understood, and agreed to these Terms in their entirety. If you do not agree, you should not proceed with purchase.

Our registered address is in England and Wales. These Terms are governed by English law, except where applicable consumer protection legislation in your country of residence provides additional rights.

2. IMPORTANT NOTICE

This is Not Medical Advice

The work of The Sleep Guru is not a substitute for medical advice, diagnosis, or treatment. Nothing within our programmes, content, or communications constitutes medical advice.

If you have a medical condition, diagnosed sleep disorder, or are under the care of a healthcare professional, you should consult your doctor before participating in any of our programmes.

Our work focuses on internal stability, nervous system regulation, breathwork, and lifestyle rhythms. It is educational and supportive in nature. Results are not guaranteed and will vary between individuals.

3. OUR PROGRAMMES

What Is Covered

These Terms apply to the following programmes and services:

- Inner Stability Diagnostic Pathway — 90-day personalised 1:1 programme
- Inner Stability Reset — Fixed-term group programme (1-month and 3-month options)
- Unshakeable Self Retreats — Residential retreat experiences

Specific terms applicable to each programme are set out in the sections below. General Terms in Sections 1, 2, and 8–11 apply to all programmes.

4. INNER STABILITY DIAGNOSTIC PATHWAY

90-Day Personalised Programme

Programme Details

The Inner Stability Diagnostic Pathway is a 90-day personalised programme delivered via online sessions. Following an initial assessment session, a written personalised protocol will be provided. Sessions are conducted via video call.

The programme fee is as stated at the point of purchase, payable in full prior to commencement.

Payment

Payment is required in full before the programme begins. By completing payment, you confirm your agreement to these Terms. An instalment option may be available at our discretion — if offered, it will be set out clearly at the point of purchase.

Cancellation & Refunds

Due to the personalised nature of this programme, the following applies:

- Cancellation before the first session: a full refund will be issued, less any administrative costs incurred.
- Cancellation after the first session: no refund will be issued. The written protocol and session(s) delivered represent a significant portion of the programme's value.
- All cancellation requests must be made in writing to anandi@thesleepguru.co.uk.

Medical Pause

If you experience a medical issue that prevents you from continuing the programme, you may request a pause of up to 60 days. This request must be made in writing and, where appropriate, supported by confirmation from a healthcare professional.

If you are unable to resume within 60 days, we will discuss options with you on a case-by-case basis. We do not guarantee an automatic extension beyond this period.

5. INNER STABILITY RESET

Fixed-Term Group Programme

Programme Details

The Inner Stability Reset is a structured group programme designed to begin stabilising the internal system. It is available in two formats:

- 1-Month Reset
- 3-Month Reset

Content is delivered digitally and includes access to course materials, group sessions, and community tools for the duration of the programme.

Payment

Payment is required in full at the point of purchase. By completing payment, you confirm your agreement to these Terms.

Cancellation & Refunds

1-Month Reset: Non-refundable. Due to the short duration and immediate access to materials, no refunds will be issued once purchase is complete.

3-Month Reset: A full refund is available within 7 days of purchase, provided you have not accessed any course content. After 7 days, or once content has been accessed, the programme is non-refundable. To request a refund within this window, contact anandi@thesleepguru.co.uk.

We reserve the right to remove access to the programme for conduct that is disruptive to other members or inconsistent with the community guidelines.

6. UNSHAKEABLE SELF RETREATS

Residential Retreat Experiences

Programme Details

The Unshakeable Self Retreat is an immersive residential experience. Programme fees are as stated at the point of booking. Accommodation is included in the retreat fee. Additional costs such as travel and personal expenses are the responsibility of the participant.

Deposit & Payment

A non-refundable deposit of 30% of the retreat fee is required to secure your place. The remaining balance is due no later than 60 days before the retreat start date. Failure to pay the balance by this date may result in your place being released without refund of the deposit.

Cancellation & Refunds

The following cancellation policy applies, calculated from the date written notice is received by us:

- 120 days or more before the retreat: 90% of the total fee refunded (deposit is non-refundable).
- 90 to 119 days before the retreat: 50% of the total fee refunded (deposit is non-refundable).
- 60 to 89 days before the retreat: no refund.
- Less than 60 days before the retreat: no refund.

The deposit is non-refundable under all circumstances.

We strongly recommend that you purchase comprehensive travel insurance, including cancellation cover, prior to booking.

All cancellation requests must be submitted in writing to anandi@thesleepguru.co.uk. The date of receipt of your written notice will determine which refund tier applies.

Retreat Changes & Cancellation by Us

We reserve the right to modify retreat dates, venues, or facilitators where circumstances require. In the event that we are required to cancel a retreat, participants will receive a full refund of all amounts paid, or the option to transfer to an alternative date. We are not liable for travel or other costs incurred.

7. INTELLECTUAL PROPERTY

Our Content & Frameworks

All content, frameworks, methodologies, written materials, audio recordings, video content, and digital resources provided through any of our programmes — including but not limited to Sleepology by Anandi®, the Inner Stability Index, and all associated protocols — are the intellectual property of The Rest Ritual Ltd.

By participating in any of our programmes, you agree that:

- You will not reproduce, distribute, share, publish, or transmit any programme materials in any form without our prior written consent.
- You will not use our frameworks, methodologies, or protocols for commercial purposes.
- You will not record any live sessions without our express written permission.
- Materials are provided for your personal use only and must not be shared with third parties.

Any breach of these intellectual property terms may result in immediate termination of access to the programme without refund, and we reserve the right to pursue further legal remedies.

8. LIMITATION OF LIABILITY

Our Responsibilities to You

We take care to deliver our programmes with skill, experience, and genuine commitment to your progress. However, the following limitations apply:

- We do not guarantee specific outcomes or results from any programme.
- We are not liable for any indirect, consequential, or incidental loss arising from your participation in our programmes.
- Our total liability to you in respect of any claim arising from your use of our services shall not exceed the total amount paid by you for the relevant programme.

Nothing in these Terms limits our liability for death or personal injury caused by our negligence, fraud, or any other liability that cannot be excluded by law.

9. YOUR RESPONSIBILITIES

Participant Obligations

By participating in any of our programmes, you confirm that:

- You are 18 years of age or older.
- You have disclosed any relevant medical conditions or circumstances that may affect your participation.
- You take responsibility for your own wellbeing and will seek appropriate professional support if needed.
- You will engage respectfully with facilitators and, where applicable, other participants.
- The information you provide at registration is accurate to the best of your knowledge.

10. PRIVACY & DATA

How We Handle Your Information

We collect and process your personal data in accordance with our Privacy Policy, available at www.thesleepguru.com. By purchasing any programme, you consent to the use of your data for the purposes of delivering and administering your chosen programme.

We do not share your personal information with third parties except where required by law or as necessary to deliver the programme (for example, retreat venue operators).

11. GENERAL TERMS

Legal & Administrative

Governing law: These Terms are governed by the laws of England and Wales. Any disputes shall be subject to the exclusive jurisdiction of the English courts, except where mandatory consumer protection laws in your country of residence provide otherwise.

Severability: If any provision of these Terms is found to be unenforceable, the remaining provisions shall continue in full force and effect.

Amendments: We reserve the right to update these Terms from time to time. Updated Terms will be published on our website. Continued use of our programmes following any update constitutes acceptance of the revised Terms.

Consumer rights: If you are a consumer based in the UK or EU, nothing in these Terms affects your statutory rights under applicable consumer protection legislation. If you are based in the United States, you may have additional rights under applicable state or federal consumer protection law, and nothing in these Terms is intended to exclude or limit those rights. If you are based outside the UK, EU, or USA, you may have additional rights under the laws of your country of residence. In all cases, we will endeavour to resolve any concerns fairly and in good faith.

CONTACT

Get In Touch

For any questions regarding these Terms, please contact:

The Rest Ritual Ltd (trading as The Sleep Guru)

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Email: anandi@thesleepguru.co.uk

Website: www.thesleepguru.com

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