

# **The 5 Elements - Heart of Living SPRING Retreat**



**with Emily Reed**

Friday 5th - Sunday 7th April 2019

Pickforde, East Sussex

**1. Contact details:**

- Full Name:
- Contact number:
- Email address:

**2. Please select which room you would like:**

- Single room (*Double bed and shared bathroom*)      £300
- Twin sharing room (*en suite bathroom*)                      £270

For TWIN SHARING: if you are travelling with a partner/friend and would like to request a room share OR if you are travelling alone and have specific sharing requests, please mention here (*be sure to include a name of your room share if applicable*):

**2. PAYMENT:**

Please note that your payment has a **NON REFUNDABLE (£100) deposit**. Please make sure you are aware of the CANCELLATION POLICY conditions (BELOW) regarding deposits and full payments BEFORE you make payment.

**Initial deposit:** £100 to confirm your place.

Please include your **proof of bank transfer** along with submitting your booking form and email to [emilyreedyoga@gmail.com](mailto:emilyreedyoga@gmail.com) .

**FINAL BALANCE DUE DATE:** 5th March 2019.

**Bank details are as follows:**

EMILY REED

LLOYDS TSB

146775682

30-98-77

**REF:** Weekend Retreat

### **3. CANCELLATION POLICY**

**Cancellations made more than 3 weeks before the start date -**  
You will be refunded the full amount you have paid respective to the date less the £100 deposit.

**Cancellations made within 3 weeks of the start date -** no refund unless your booking is replaced. If your booking is replaceable, we will refund you the full amount paid less the £100 deposit.

**ABOUT YOU:**

1. Describe your yoga asana experience (physical practice of yoga). How long you have practiced (if at all) and what style of yoga? Please state if no asana experience.

2. Are you new to meditation? If not- please indicate your experience- how much have you done?

3. Do you have any health issues or injuries? Please detail any operations you have had in the last 2 years.

4. Emergency contact details: Please provide the details to a family member/friend/spouse to contact in case (what we hope is the unlikely event!) of an emergency.

Name:

Contact number:

Address:

Relationship:

5. Please write briefly WHY you want to come on this weekend retreat and what you hope to gain out of it.

And finally.....

Retreats are times for self reflection. Peeling back layers. De-conditioning some of the unhelpful and even harmful behaviours we have cultivated over the years as a way of trying to have some "control" over life. Use this opportunity to be a part of a sacred space where you are invited to come together to look within, find courage to show our true selves and be compassionate to ourselves and others.

I am very MUCH looking forward to sharing this special weekend with you.

With warmth,

Emily