#### Yoga Retreat Booking Form Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Title: Mr ڤ Mrs ڤ Miss ڤ Ms ڤ

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DoB \_\_\_\_\_/\_\_\_\_\_ /\_\_\_\_\_

Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: M ڤ F ڤ

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Post code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel. No: (h) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (w) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (m) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Medical Information

Do you have/have you ever had any of the following?

ڤ Heart Problems ڤ Cancer

ڤ Asthma ڤ Broken Bones

ڤ High Blood Pressure ڤ Menstrual disorder/pain

ڤ Paralysis ڤ Sinus problems

ڤ Frequent Headaches ڤ Skin diseases/rashes/ulcers

ڤ Stomach/intestinal problems ڤ Depression/emotional problems

ڤ Back problems ڤ Varicose veins

ڤ Digestive problems ڤ Diabetes

Please give dates/details of any of the ticked boxes above:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other health problems? Please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you taking any medication (prescribed or over the counter)? If so, please give details

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Past operations? Please give details and dates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any food allergies / special dietary needs? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(WOMEN) Are you pregnant? Yes ڤ No ڤ If yes, how many months? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever practiced yoga before? Yes ڤ No ڤ If yes, for how long? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why do you want attend the ‘Womb Song’ retreat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about the ‘Womb Song’ retreat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are there any yoga topics that you are particularly interested in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My flight details are (if applicable):

Airline: \_\_\_\_\_\_\_\_\_ Flight no. (to / from): \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ Arrival time (to / from): \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_

I understand my own body’s challenges and take full responsibility for my own practice.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❒ I enclose a deposit of £100 and have read the booking conditions overleaf. **Please pay balance by due date**.

##### ❒ I have paid the deposit by direct transfer into my bank account using my name as the reference: Barclays Bank, L. Mckenzie, 20-49-76, 13642275

❒ I enclose the full retreat cost of £\_\_\_\_\_ / low-wage cost of £ \_\_\_\_\_\_

❒ I would like to book a single room (where available - single rooms are limited and on a first come, first serve basis) / shared room (please delete as applicable)

❒ I would like to order a yoga mat and I enclose the additional payment of £15. *Mats are also available*

*for you to use*

❒ I would like to be added to the **mailing list** and would like to receive information about **by e-mail/facebook (www.facebook.com/wombsong)**

Cheques should be made payable to **Abhijeeta Saraswati**. Please complete and return this form with your payment to:

**Abhijeeta Saraswati, 8a Laughton Lodge, Common Lane, Laughton, Lewes, BN8 6BY**

# Booking Conditions

1. Once you have paid your non-refundable deposit and your place has been confirmed, please pay the balance by the due date stated.
2. Prices are guaranteed once full payment has been received. Before this we reserve the right to change our prices. In the unlikely event of our having to do this, we shall notify you.
3. Insurance is optional. Please arrange your own insurance if you wish to be covered for losses/damage/cancellations etc.
4. In the unlikely event that we have to cancel the holiday/retreat, we shall refund any holiday costs paid.
5. Whilst it is unlikely that we shall have to make changes to this retreat, we reserve the right to do so at any time. We shall inform you if this is necessary.
6. Abhijeeta Saraswati accepts responsibility for those arrangements of your retreat, which are wholly within our control. Abhijeeta will under no circumstances be responsible for the acts or omissions of any third party. In the event of a dispute with such persons we will give you such reasonable help as we can in resolving it.
7. Abhijeeta and all connected associates do not accept liability for personal or material loss, however caused.
8. If you wish to cancel your holiday please do so in writing. Cancellations are payable as follows:

Period prior to start date: Cancellation charge (as % total holiday price)

From date of booking Deposit

28 – 41 days 50%

0 – 27 days 100%

**Abhijeeta Saraswati, 8a Laughton Lodge, Common Lane, Laughton, Lewes, BN8 6BY**

**Tel: 01323 815 729 / 07940 470 072 Email: abhjeeta75@gmail.com**