**Yoga**

**Spring Weekend Retreat**

**Friday May 15th – Sunday May 17th 2020**

**At The Abbey, Sutton Courtenay**

**with Gayl Long & Janet George**

***General Terms & Conditions of Booking and Payment***

|  |  |
| --- | --- |
| Names (s): | Click or tap here to enter text. |
| Email: | Click or tap here to enter text. |
| Mobile:  | Click or tap here to enter text. |

Expected arrival time from 15:00 on Friday 17 May 2020:

Departure time: 15:00 on Sunday 19 May 2020

Room preference: Twin/Single

Prices per person: £390 single - if available; £350 twin - sharing a twin-bedded room.

Early Bird: £375 single, £325 twin – sharing.

Early Bird offer closes on 07 February 2020

Please confirm which type of room you would like:

|  |  |
| --- | --- |
| Single: | Choose an item. |
| Twin: | Choose an item. |
| If selecting a twin room who do you want to share with: Click or tap here to enter text. |

A deposit of £250 will secure your booking and avoid disappointment,

**I agree to**

* **Pay a £250 deposit to secure my place by contacting karen.walton@in8resources.com**
* **Pay the outstanding retreat balance, 8 weeks before arrival (invoice will be sent)**

**I understand that the deposit is non fundable and that any cancellations after 8 weeks before arrival may be fully charged if it is not possible to fill the place.**

 **I the undersigned hereby agree and understand the above conditions.**

**Name:** Click or tap here to enter text. **Signature:** Click or tap here to enter text.

**Date:** Click or tap to enter a date.

***P.T.O***

**Additional Information**

Abbey address:

 The Abbey Sutton Courtenay

 The Green

 Abingdon

 OX14 4AF

Details of how to reach the Abbey can be found here: <http://www.theabbey.uk.com/?page_id=72>

Please read the Abbey ‘letter for guests’ regards your stay. In addition, please note the following:

* The Abbey is a private house & not a hotel.
* After all meal and break times you are requested to wash, dry and put away your plates, cutlery etc. This greatly helps the Abbey community which is largely run by volunteers. We invite you to enjoy this natural way to network and to get to know your fellow retreaters.
* No candles are allowed in any of the rooms at any time
* Please respect that The Abbey is a non-smoking house. Smoking is not allowed anywhere on the premises.
* You may bring your own alcohol to be consumed at dinner time in moderation.

**Please bring:**

* A yoga mat and blanket if you have one (please let us know if you want to do yoga but don’t have a mat)
* A flash light
* Trainers/hiking shoes/wellies, depending on your plan
* Indoor slippers
* Books!
* A Journal and paper/pens to write reflections – treat yourself before you come!

**\*\* Please email your completed form to** **karen.walton@in8resources.com** **\*\***

**We look forward to welcoming you!**