**Yoga** Solstice **weekend retreat with Khadine Morcom**

**at Gayles Retreat centre,**

**Friston, Eastbourne, East Sussex BN20 0BA**

**Fri 21st June – Sun 23rd June 201**9

**Booking Form**

**I am delighted that you are booking to join me on this weekend retreat of yoga at Gayles retreat centre**

**The total fee for this weekend is £**320 **(£2**75 **early bird) per person based on dormitory accommodation with exclusive use of Gayles and its extensive grounds, full-board from Friday dinner to Sunday lunch. To secure your booking a non-refundable (unless your place can be filled in which I can return your deposit in the form of a credit for classes/workshops or another retreat deposit) deposit of £80 is required.**

Name:

Address:

Phone Number:

Mobile:

E-mail:

**What the retreat includes:**

**Yoga!** Yoga to include asana (posture), pranayama (breathing practices), mantra (chanting), dhyana (meditation), yoga nidra (yogic sleep!), and possible other practices I may decide to include…

I am yet to finalise the schedule but will roughly as below (subject to minor changes):

Friday – arrive from 4pm, 5.30pm-7pm yoga, 7pm dinner, 8.30pm-9.15pm evening meditation

Saturday 7.30am-9am yoga or morning silent walk, 9am breakfast, 10am - 11.45am free time, 11.45am- 1pm yoga, 1pm lunch, 2pm – 4pm free time/massages/swimming/walking etc., 4.30pm- 7pm yoga, 7pm dinner, 8.30pm-9.15pm meditation

Sunday 7.30am-9am yoga, 9am breakfast, 10am-11.30am free time, 11.30am- 1pm yoga, 1pm lunch, 2.pm-3pm free time, 3pm-4pm yoga, 4pm depart

**Exclusive use of Gayles and its beautiful 10 acres of land adjacent to accessible national trust farmland and the Seven Sisters Country Park (an Area of Outstanding Natural Beauty).**

**Full-board from Friday dinner to Sunday lunch.** Food is vegetarian and unlimited fruit and teas are also provided.

*Special Diets:*

Wheat and dairy free diets can be catered for. If you have any other special requirement please note here and this should be able to be accommodated.

**Outdoor swimming pool**

**Any Other information (i.e. health conditions you are concerned about, or any other issues - see booking terms & conditions ). Please state below:**

**Booking**

The total fee for this weekend is £320 (£275 early bird for places booked before 1st April 2019) per person based on dormitory accommodation

To secure your booking return this form with a deposit of £80. You may pay for the retreat in 3 instalments if required. The final balance is due by 20th May 2019.

Payment by cash or cheque payable to Khadine Morcom

Or by BACS. Account No: 72089101:

Sort Code 089300

If paying by BACS please reference – gayles deposit/instalment/balance

**Acceptance of Terms and Conditions and Confirmation of Booking**

Signed: . . . . . . . . . . . . . . . . . . . . . . Name: . . . . . . . . . . . . . . . . . . . . . . . Date: . . . . . . . . . . . . . . .

**Return to: Khadine Morcom, 83 Hartington Road, Brighton BN2 3LS**

**01273 297479, 07505112064 e-mail:** [**khadineyoga@gmail.com**](mailto:khadineyoga@gmail.com)[**www.khadineyoga.com**](http://www.khadineyoga.com)

[**twitter @khadineyoga**](http://www.khadineyoga.com)

**Booking Terms & Conditions**

These terms and conditions form the basis of the contract you enter with me which takes effect when the booking form has been signed and the initial booking deposit has been received.

1. The weekend starts from 5pm on Friday 21st June and ends at 4pm on Sunday 23rd June 2019. You may arrive from 4pm on the Friday
2. Bedrooms must be vacated by 10.00am on the day of departure.
3. Food (vegetarian meals, hot drinks and fruit) and dormitory accommodation is provided as stated on this booking form. Wheat and dairy free diets can be catered for. Please state if you have any other dietary requirements which will be attempted to be catered for.
4. Bedding, towels and basic toiletries are provided.
5. Unless agreed otherwise no discount is given for guests arriving late or leaving early.
6. **Deposit and Final Payment**; A deposit of £80 will be required and will be payable at the time of the booking to secure your space. **Deposits are non-refundable (unless your place can be filled and then I will give you a credit towards future classes or retreat etc).** The balance is payable by 20th May 2019. You may pay in instalments by prior arrangement with me.
7. **Room accommodation;** There are 2 rooms available at a supplement of £40, subject to limited availability. These rooms may have to be used if the majority of the participants are of a single sex and only a few members of the opposite sex are attending and not able to fill the smaller dormitory which sleeps 6 (there will be no extra charge for the rooms if that is the case).
8. **Additional Services:** massage therapies can be provided. Please state on the form if you may be interested in these so therapists can be booked and details of charges provided.
9. **Travel** is not included in the cost of the retreat. There is enough parking at the venue to accommodate everyone’s cars but where possible if you note on your form if you can provide a lift or need a lift I can put you in contact with others travelling to the retreat.
10. **Public Liability Insurance;** I have full public liability insurance for injury and other relevant risks
11. A**ccidental damage policy; I am held** responsible for the replacement cost of any accidental damage, caused at Gayles, to its contents or estate if such damage is caused by participants or any person associated with the group in any capacity. If in the very unlikely event you are responsible for any damage please do let me know.
12. Gayles cannot accept any liability for damage to or loss of visitors’ personal belongings or vehicles
13. **Equipment**; yoga equipment will be provided by Gayles and myself. Please feel free to bring your own mat, blankets etc. if you prefer.
14. Please ensure that shoes are not worn in either The Old Cowshed (practice area) or upstairs in The Stables (teachers’ accommodation).
15. Participants are responsible for keeping the buildings reasonably tidy and clean.
16. Gayles ask that we clear and wash up our crockery, cutlery and glasses etc. after meals (there is a dishwasher in the Stables dining area) and leave the area tidy. Gayles will wash up the cooking equipment
17. We ask that participants tidy the dormitories and strip their beds, storing the pillows and duvets inthe bags provided, at the end of the retreat.
18. **See website of the venue at www.retreattogayles.co.uk/**

***Rules of Gayles****:*

*We try not to impose on people but we ask that you and your group adhere to a few basic boundaries:*

1. Please ensure that shoes are not worn in either The Old Cowshed (practice area) or upstairs in The Stables (teachers’ accommodation).
2. Water bottles are acceptable but food and/or hot drinks are not allowed in The Old Cowshed.
3. The outbuildings, barns and fenced gardens are out of bounds although you are welcome to wander in the retreat areas and adjacent meadows. Please stay on the obvious paths on the farmland (which is not our property) and do not linger near our neighbours’ houses; they are not involved in the retreats and it would be appreciated if people respected their privacy
4. Flowers, herbs or fruit must not be picked without our prior agreement

**I am looking forward to providing you a restful and restorative retreat at this poignant time of year hopefully with some sunshine!**

**Namaste Khadine**