Yoga weekend retreat with Khadine Morcom

at Florence House, Southdown Road, Seaford, East Sussex

BN25 JS

11th-13th January 2019

Booking Form

I am delighted that you are booking to join me on this weekend retreat of yoga at Florence House

The total fee for this weekend is £370 (£320 early bird if booked before 30th September 2018) per person based on shared accommodation (twin or triple rooms) with exclusive use of Florence House and its extensive grounds, full-board from Friday dinner to Sunday lunch. To secure your booking a deposit of £100 is required. Single rooms are available at a supplement of £50.

Name:

Address:

Phone Number:

Mobile:

E-mail:

What the retreat includes:

Yoga! And lots of it! 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…

Schedule to be roughly as below (subject to minor changes):

Friday – arrive from 4pm, 5.30pm-7.00pm yoga, 7pm dinner, 8.30pm-9.15pm evening meditation in the yurt, 9.15pm possible yoga documentary

Saturday 7.30am-9am yoga, 9am breakfast, 10am - 11.30am free time, 11.30am- 1pm yoga, 1pm lunch, 2pm – 4pm free time, 4pm-4.30pm (silent walking meditation –weather dependent! Or yoga talk), 4.30pm- 6.30pm yoga, 7pm dinner, 8.30pm-9.15pm meditation in the yurt, 9.15pm possible yoga documentary

Sunday 7.30am-9am yoga, 9am breakfast, 10am-11.30am free time, 11.30am- 1pm yoga, 1pm lunch, 2pm-3pm freetime, 3pm-4.30pm yoga and closing meditation in the yurt, depart by 5pm

Accommodation

Shared accommodation (twin or triple rooms). A single supplement of £50 is an option (subject to availability). If you are coming with a friend then please state name here and I can make sure you share a room otherwise your room will be allocated by Florence House

Name of person(s) sharing room (if applicable)……………………………………………………………………………………………………

Exclusive use of Florence House and it’s extensive beautiful 5 acres of grounds on Seaford Head

**Full-board from Friday dinner to Sunday lunch.** The food is amazing! Food is vegetarian and seasonal and locally sourced.All the dairy, bread and dry goods are organic and where possible produce from their own organic garden is used.

Meat, Chicken and Fish can be provided at extra cost and must be ordered in advance.

The venue price includes unlimited teas, coffee, fresh water, a fruit bowl and biscuits.

Breakfast = buffet with a selection of fresh fruit, cereals, yogurt, egg and selection of breads.

Lunch = freshly homemade soup, a ‘chef’s choice main course with salads and vegetables.

Dinner =chef’s choice’ main course, salads, vegetables and dessert.

Special Diets:

Special diets can be catered for (vegan and/or wheat, gluten or dairy free) for an additional charge of £3.50 per person per meal (excluding vegetarian meals.) Prior notice is required before the course starts. Please indicate below if required:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  Vegan diets: |  |  Wheat free diets: |  |  Gluten free diets: diets: |  |  Dairy free diets: Dairy free diets: diets: |  |

Any Other information (ie health conditions you are concerned about, single supplement, additional nights stay, equipment etc - see booking terms & conditions ). Please state below:

Booking

The total fee for this weekend is £370 (£320) per person based on shared accommodation (twin or triple rooms, although a single supplement of £50 is available for those wishing to have a single room)

To secure your booking return this form with a deposit of £100. You may pay for the retreat in 3 instalments if required. The final balance is due by 7th December 2018.

Payment by cash or cheque payable to Khadine Morcom

or by BACS. Account No: 72089101:

Sort Code 089300

If paying by BACS please reference – Florence House Jan 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 382542, 07505112064 e-mail:** **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 11th January and ends at 4.30pm on Sunday 13th January 2019.
2. Bedrooms must be vacated by 10.00am on the day of departure.
3. Food and accommodation is provided as stated on this booking form
4. I am required to provide the venue with a list of participants names and addresses prior to arrival for Fire and Health and Safety purposes
5. Unless agreed otherwise no discount is given for guests arriving late or leaving early.
6. **Deposit and Final Payment**; A deposit of £100 will be required and will be payable at the time of the booking to secure your space. Deposits are non-refundable. The balance is payable by 7th December 2018. You may pay in instalments by prior arrangement with me.
7. **Single Occupancy of Rooms;** For participants who want a single room, there is a supplement of £50, subject to limited availability.
8. **Additional Services:** additional services such as healing and various 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. **Staying for an Additional Night;** Participants may stay the night before or the night after a course if the schedule at Florence House allows, at a B&B cost of £50 pp. Guests staying the night after their course finishes are requested to arrange for departure by 11am the following morning. Please check in advance that B&B is available. Please state if this is required on the form.
10. **Travel details are** provided on the website for Florence House: [www.florencehouse.co.uk](http://www.florencehouse.co.uk)
11. **Public Liability Insurance;** I have full public liability insurance for injury and other relevant risks
12. A**ccidental damage policy; I am held** responsible for the first £250.00 of the replacement cost of any accidental damage, and the full replacement cost of any deliberate damage, caused to Florence House, 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!
13. **Noise and Disturbance at Night; Florence House** asks that excessive noise or other disturbance (e.g. drumming, loud music, dancing or shouting) should be avoided between 11pm and 8am, except by prior arrangement.
14. **Items left behind;** Florence House takes no responsibility for any items left behind. Florence House will hold items for 3 months and then dispose of them.
15. **Equipment**; I will provide yoga equipment but if you do have your own mat and blocks it would be helpful to bring it – please state on the form if you are bringing your own mat so I can save space in my car!
16. **General information for participants;** Florence House is a comfortable house set within 5 acres of gardens and grounds, and 5 minutes away from miles of stunning coastal cliff walks towards Seven Sisters Country Park. You may like to bring walking shoes/wet weather clothes. Soft soled shoes or slippers are encouraged for use in the house. Towels and soap are provided for your stay.

**I am looking forward to providing you a restful and restorative retreat to welcome in the New Year!**

**Namaste Khadine**