Yoga weekend retreat with Khadine Morcom

Florence House, Southdown Road, Seaford, East Sussex BN25 JS

23rd-25th June 2023

Booking Form

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

The total fee for this weekend is £415 (£365 early bird if booked before 28th February 2023) per person based on shared accommodation (twin rooms), full-board from Friday dinner to Sunday lunch. Single rooms are available at a supplement of £65. Twin ensuite rooms are available at a supplement of an extra £15 per person. Triple rooms are offered with a discount of £10 per person with an occupancy of 3. To secure your booking a deposit of £100 is required.

Name:

Address:

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 or gather around the fire pit.

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), 4.45pm- 7pm yoga, 7pm dinner, 8.30pm-9.15pm meditation in the yurt/fire pit.

Sunday 7.30am-9am yoga, 9am breakfast, 10am-11.30am free time, 11.30am- 1pm yoga, 1pm lunch, 2pm-3pm freetime, 3pm-4.15pm yoga and closing meditation, depart by 5pm

Accommodation

Shared accommodation (twin or triple rooms). A single supplement 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. Just 5 minutes walk to the beach for sea swimming or 5 minutes to the cliff-top for walks.

**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.

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

Breakfast = buffet with a selection of fresh fruit, cereals, yoghurt, eggs 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 £5 per person per main meal (4 meals - breakfast excluded from charge.) Prior notice is required before the course starts. Please indicate below if required:

Please list any other information you are concerned about (ie. health conditions, additional nights stay, equipment etc - see booking terms & conditions ). Please state below:

Booking

The total fee for this weekend is £415 (£365 early-bird) per person based on shared accommodation (twin) or triple rooms (£10 reduction PP if occupancy of 3), twin ensuite (an extra £15 pp), single supplement is an extra £65).

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 15th May 2023.

Payment by BACS.

Miss Khadine L Morcom

Account No: 72089101:

Sort Code 089300

please reference – Flo House Jun 23 deposit/instalment/balance

Acceptance of Terms and Conditions and Confirmation of Booking

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

**Return to:**

**Khadine Morcom 07505112064 e-mail:** **khadineyoga@gmail.com**[**www.khadineyoga.com**](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 23rd June and ends at 4.15pm on Sunday 25th June 2023.
2. Bedrooms must be vacated by 10.00am on the day of departure.
3. Food and accommodation are provided as stated on this booking form. Please note special diets will incur a charge of a £20 supplement for the weekend.
4. **Please bring a yoga mat**, a flat yoga block, a yoga brick, a yoga belt, a blanket and a bolster. If you don’t have any of these items or it is difficult for you to bring due to travelling by public transport please let me know what you need and I will bring it for you.
5. Shorter stay. 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 15th May 2023. You may pay in instalments by prior arrangement with me. In the event of a cancellation it may be possible to transfer a deposit to a future retreat within 12 months, only if your space is able to be filled with another participant..
7. **Single Occupancy of Rooms;** For participants who want a single room, there is a supplement of £65, 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. **Travel details are** provided on the website for Florence House: [www.florencehouse.co.uk](http://www.florencehouse.co.uk)
10. **Public Liability Insurance;** I have full public liability insurance for injury and other relevant risks
11. **Accidental 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!
12. **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.
13. **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.
14. **General information for participants;** Florence House is a comfortable homely 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 and swimmers (for the brave in winter!). 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 enjoying a wonderful summer weekend with you!**

**Warmest wishes Khadine**