

Yoga Sapien Booking Form



Name:

Email address:

Mobile No:

D.O.B.

Emergency Contact:

Name:

Relationship to you:

Mobile No:

How Did You Hear About Us?

Been before

Instagram

Facebook

Recommendation

Google

Other

Room preference: (please bear in mind, rooms are limited, and we act on a first come, first served basis. However, we will do our best to accommodate your preference)

PLEASE HIGHLIGHT YOUR PREFERENCE:

Single Occupancy:

Single (Loughrigg room) £350

Twin/double room (Helvellyn room) £385

Sharing a Room - (Please note - this is a women only retreat, therefore if you are single and would like to share a room, be assured you will only be sharing with another woman)

Superior twin/double room (Scafell Lodge) £385

A deposit of **£90**, together with this completed booking form is required to secure your place. The balance will be due on **Friday 1st October** (see attached form regarding terms & conditions)

Deposit and balance payments may be made BACs bank transfer to:

Account Name: Miss Anita Grey

Account No: 00977471

Sort Code: 30 90 43

Please use your name and the word '**BRATHAY**' as reference.

If you prefer to pay by cheque, please make them payable to *Anita Grey*

Medical Information

Please read carefully and answer each question, **highlighting** either **YES** or **NO**

1) Do you have a heart condition and whereby you should only do physical activity recommended by a doctor? **YES** **NO**

2) Are you taking any prescribed medication for your blood pressure or heart condition? **YES** **NO**

3) Do you lose your balance because of dizziness or do you ever lose consciousness? **YES** **NO**

4) Do you have a bone or joint problem (e.g. back, knee, or hip) that could be made worse by a change in your physical activity? **YES** **NO**

If you have highlighted **'YES'** to any of the above, or would like to tell us about anything else, please provide further details here:

I have read, understood and completed the above form to the best of my knowledge. I confirm that I am voluntarily engaging in an acceptable level of activity and my participation involves a risk of injury.

Signature: _____ Print name: _____

Date: _____

THANK YOU so much and we look forward to seeing you!

Please return the form to anita@surfsister.co.uk