RETREAT - BOOKING FORM

Friday 26th – Sunday 28th July 2019

at

Gaunts House, Wimborne, Dorset

With Yogini Mala

Please fill and send this form as email attachment to

Email: dr.guptamala@gmail.com

Booking details

|  |  |  |  |
| --- | --- | --- | --- |
| Title | Mr /  Mrs /  Ms /  Miss | | |
| First name |  | Surname |  |
| Address |  | | |
| Postcode |  | | |
| Mobile |  | | |
| Next Kin Contact |  | | |
| Email |  | | |
| Yoga experience / level | Complete beginner  Some experience  In Regular Practice | | |
| Dietary requirements | Gluten free  Wheat free  Vegan  Allergies(if any, please specify) | | |
| Medical conditions | Please specify if you have any condition e.g. high or low blood pressure, arthritis, spinal injury, back/ knee pain or any other injuries or medical conditions or concerns? | | |

Costs and No. of Guests per booking form:

Cost Inclusive of accommodation in twin or triple shared rooms, all delicious vegetarian/ vegan meals (breakfast, lunch and dinner), with all day refreshments (tea, coffee, biscuits, fresh fruit) available throughout your stay, yoga classes, yoga-nidra stress buster relaxation and chanting, bonfire activity, meditative walk around the lake and use of swimming pool and master class of Pranayama and Mala’ sharing on Ayurveda wholistic well-being.

Extra mattresses can be provided upon request for children in their parent’s room.

|  |  |  |
| --- | --- | --- |
| Participants/ Guests | Cost | Quantity |
| Adult | £350 |  |
| Child (< 3 yrs) | Free |  |
| Child (3-7 yrs) | £125 |  |
| Child (8-12 yrs) | £170 |  |
| Child (13-16 yrs) | £250 |  |
| Camper with own tent | £225 |  |

Yoga Schedule (subject to adaptation):

|  |  |
| --- | --- |
| 26th July |  |
| 4:30 – 8:00 PM | Arrival and Settle/ Relax with Tea |
| 6:30 Onwards | Supper |
| 8:00 - 8:30 PM | Stretching & relaxation |
| 8:30 – 9:30 PM | Bharatnatyam by Madan and Kirtan by Olga |
| 27th July  July |  |
| 6:30 – 7:00 | Meditative Walk & Morning Kriya |
| 7:00 - 8:00 AM | Morning Sun Yoga |
| 8:00 - 9:00 AM | Breakfast |
| 11:00 - 12:00 AM | Guided walk around lake and Garden |
| 1:00 - 2:00 | Lunch |
| 2:00 – 5:00 PM | Me time/Tea/Mingle/Relax/ Walk/ Dip |
| 5:00 – 7:00 PM | Connecting with Personal Chakras , Pranayama Master Session(breathing technique), harness calm through Chanting meditation and relaxation |
| 7:00 – 8:00 PM | Supper |
| 8:30 PM | Bonfire relaxation and Fun time |
| 9:00 PM | Kirtan with Olga |
| 28th July |  |
| 6:30 - 8:00 AM | Morning glory Yoga & Pranayama |
| 8:00 - 9:00 AM | Breakfast |
| 10:00 AM | Packing up and loading car |
| 10:30-12:30 | Mala’s sharing on Ayurveda and your experience and Group Photo |
| 01:00 - 02:00 PM | Happy Lunch |
| 2:30 PM | Departure |

Payment details

Book by paying £150 per adult and £100 per child by 5th Feb 2019 to guarantee your place, with balance payable by 2nd May 2019.

|  |  |
| --- | --- |
| Mode of payment | Details |
| Cash | In person |
| Cheque | In person |
| BACS | Pls contact for details |

Please fill and send this form as email attachment to

Email: dr.guptamala@gmail.com

Terms and conditions

Liability

We do not accept liability for cancellations, loss of, or damage to, personal property of participants.

Cancellation

Unfortunately we cannot offer a refund.

Data Protection

All personal details will be kept strictly confidential.

By signing this I agree to terms and conditions.

Signature:

Date:

Many Thanks,

Mala

07881966073

[dr.guptamala@gmail.com](mailto:dr.guptamala@gmail.com)

[www.yogabymala.co.uk](http://www.yogabymala.co.uk)