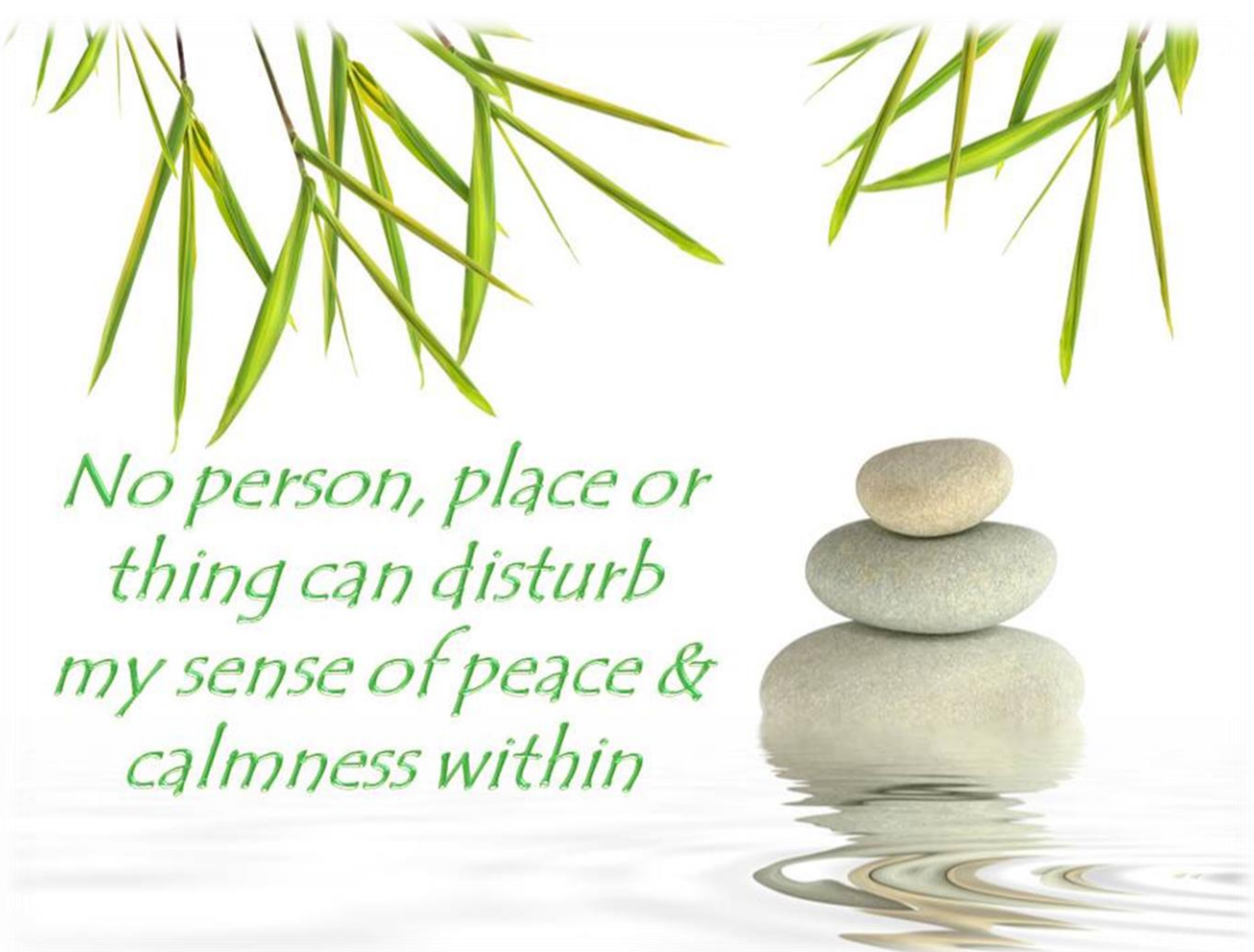




# *Dreamstone Holistics*

Therapies & Training

A decorative image featuring bamboo leaves at the top and a stack of three smooth, light-colored stones on the right. The stones are stacked vertically, with the largest at the bottom and the smallest at the top. The stones are reflected in a pool of water at the bottom, creating ripples. The background is white.

*No person, place or  
thing can disturb  
my sense of peace &  
calmness within*

**Springtime Retreat 2018**

**At**

**Elan Valley Lodge**



## **INTRODUCTION**

Helen, Jayne and Petrena are pleased to be hosting their first retreat at the beautiful Elan Valley Lodge Centre, near Rhayader in Mid Wales. We have plenty of relaxing activities planned to soothe your mind, relax your body and nourish your soul. We are also excited to introduce Patricia Underwood who will be joining us to bring us the delights of sound healing with a range of instruments including tuning forks, singing bowls, hanging chimes and gongs.



In addition to the planned activities there will also be time for you to explore the surrounding area of the Elan Valley, renowned for its reservoirs and wildlife, including the red kites. The staff at the Lodge will be only too happy to advise you.

If you wish to find out more about the venue then visit their website

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

## **COST**

As this is our first retreat we have set the full cost for this weekend retreat as an introductory price of **£215 per person**, which includes accommodation<sup>1</sup>, all meals, activities and therapy treatments. In order to secure your place you are required to complete the booking form, agree to the Ts&Cs and pay £100 deposit with the remaining £115 pounds to be paid by May 1<sup>st</sup> 2018.

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<sup>1</sup> there are no supplements for single rooms



## ITINERARY

### Springtime Retreat at Elan Valley Lodge 2018

#### **Friday 25<sup>th</sup> May**

5pm onwards	Arrival
6pm	Introductions; Meet & Greet
7pm	Evening Meal
	Introduction to Sound Healing

#### **Saturday 26<sup>th</sup> May**

8am	Breakfast (plus free time for walks etc)	
10am – noon	Yoga with Jayne	Meditation with Helen
noon – 1pm	Lunch	
1pm - 3pm	Tuning in to the Seasons with the Five Elements (Helen)	
4pm – 6pm	Therapy sessions available with the Organisers ( <i>book a slot/therapist in advance</i> )	
6pm – 7pm	Evening Meal	
7pm	Sound Healing with Patricia Underwood	

#### **Sunday 27<sup>th</sup> May**

8am	Breakfast (plus time to vacate bedrooms)	
10am – 11am	Yoga with Jayne	Meditation with Helen
11am - noon	Drumming & Drum Journeying with Helen	
Noon – 1pm	Lunch	
1pm - 2.30pm	Healing Share (Reiki, Drumming etc.)	
2.30pm – 3pm	Final gathering, gratitude and farewells	

#### **Notes:**

- Should attendees not wish to participate in the planned activities there may be opportunities, depending on therapists' availability, for additional treatment sessions
- There will also be available books, magazines & DVDs for attendees to borrow during their stay for use during any available free time
- If you have your own drum please bring it with you. There will be a limited number of spare drums for those who have not brought their own.
- If you are planning on exploring the surrounding area please ensure you bring appropriate outdoor clothing and footwear.
- Mobile phone reception is poor in the area, however the Lodge provides free WiFi.
- The Conference and breakout rooms are on the first floor with stair access only.
- Bedrooms are on ground floor and first floor.



**BOOKING FORM**

**Forename:**

**Surname**

**Address:**



<b>County:</b>	<input type="text"/>	<b>Post Code:</b>	<input type="text"/>
<b>Phone:</b>	<input type="text"/>	<b>Mobile:</b>	<input type="text"/>
<b>Email:</b>	<input type="text"/>		

**Special Dietary Requirements** (*vegetarian; vegan; food allergies etc.*):

**Accommodation** (*please tick*)

<b>Twin with Ensuite</b>	<input type="checkbox"/>	<b>Single (shared shower room)</b>	<input type="checkbox"/>
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**I would like to share a Twin Room with:**  
(*other person's name*)

**Are you Reiki attuned?**

**YES/NO**

**Any other information The Organisers should know?** (*mobility issues etc.*)

**I confirm I have read and agree to the Booking Terms & Conditions**

*Please tick*

**Signature:**

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**Date:**

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## Payment

Deposit (£100) or in full (£215) – payment **must** be paid in full by 1<sup>st</sup> May 2018

*Please tick*

I enclose a cheque (*payable to Helen Meyrick*) for the sum of:


I have submitted via PayPal a payment of<sup>2</sup>

Please return by post to:

**Helen Jane Meyrick,  
Dreamstone Holistics – Therapies & Training  
Vincent House  
13 Lowlands Road  
Pontnewydd  
NP44 1RF**

Or email to:

**information@dreamstoneholistics.co.uk**

## **BOOKING TERMS AND CONDITIONS**

1. Attendees are responsible for their own health and wellbeing throughout the Retreat.
2. Attendees are responsible for the safety of their personal belongings.
3. Your Retreat fees cover Retreat activities plus your accommodation, refreshments, breakfasts, lunches and dinners from Friday evening dinner to Sunday lunch. The fees do not cover your travel or any additional expenses you may incur.
4. Withdrawal from the Retreat:
  - If you need to withdraw from the Retreat before 1st April 2018 you will receive a refund of any fees paid minus £50 cancellation charges.
  - If you need to withdraw from the Retreat after the 1st April 2018 but before 1st May 2018 you will receive a refund of fees paid minus £75 cancellation charges.
  - If you withdraw from the Retreat after 1st May but before the Retreat commences on Friday 25<sup>th</sup> May you will receive a refund minus £150 cancellation charges provided Helen Jane Meyrick, Jayne Davey or Petrena Talbott have been notified.
  - Failure to attend the Retreat without prior notification, or attendance of only part of the Retreat will not constitute a reason for a refund.
5. In the unlikely event that the Retreat does not run you will receive a full refund of any monies paid.
6. The Organisers reserve the right to refuse any booking.

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<sup>2</sup> For PayPal use email address [helen@dreamstonetherapies.co.uk](mailto:helen@dreamstonetherapies.co.uk)



7. The Organisers reserve the right to ask anyone to leave the Retreat if their behaviour is judged to be unacceptable or disruptive.
8. If you are dissatisfied with any aspect of this Retreat, The Organisers must be notified at the time. Retrospective complaints are noted through an evaluation procedure and will not be considered as reason for refunds.

Springtime Retreat at Elan Valley Lodge2018

Booking Conditions © 2018 Helen Jane Meyrick, Dreamstone Holistics – Therapies & Training