

Heavenly Holistic Hideaway Retreats 2019



Autumn Retreat 2019
At
Elan Valley Lodge

Heavenly Holistic Hideaway Retreats
"To rest your mind, relax your body & feed your soul"

INTRODUCTION

Helen and Pat are pleased to be hosting a rather different sort of retreat to the ones we have previously held at the beautiful Elan Valley Lodge Centre, near Rhayader in Mid Wales. We will have a range of activities and practical exercises to help you prepare for that 'wind down to winter'.

In addition to the planned activities there will also be time for you to contemplate and reflect on what this year has brought you, what you wish to take forward into next year and what you wish to leave behind. We will be adopting the approach of looking at the season of Winter through the perspective of the Chinese Five Phases, specifically the Water phase and all its associations.

COST

The cost for this heavenly retreat in a magical hideaway is **£300 per person**, which includes accommodation¹, all meals, activities and the contents of your Winter Wind Down Toolkit. In order to secure your place you are required to complete the booking form, agree to the Ts&Cs and pay £50 non-refundable deposit, with the second instalment of £125 to be paid by September 15th 2019 and the remaining £125 pounds to be paid by October 20th 2019. Other payment options are available (see Booking Form below)



¹ there are no supplements for single rooms

OUTLINE ITINERARY²

- Arrival 5pm onwards
- Introductions; House-keeping etc.
- Friday 25th October**
- Evening Meal 7pm
- 'Opening the Retreat' followed by Gong Bath
- Start the day with a pre-breakfast meditation at 7.30am
8.00am Breakfast & time to prepare your picnic lunch
- Saturday 26th October**
- The day is then filled with a range of talks, workshops and practical activities on our chosen theme
- Evening Meal 7pm
- Gong Bath
- Start the day with a pre-breakfast meditation at 7.30am
8.00am Breakfast & time to prepare your picnic lunch and vacate your room
- Sunday 27th October**
- The morning continues with a range of talks, workshops and practical activities on our chosen theme
- After lunch:
Walking the Labyrinth
'Closing the Retreat' with Fire Ceremony
3pm Gratitude & farewells
- Notes:**
- There will also be available books 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.
 - The venue provides 1 bath towel & 1 hand towel per person so you are advised to bring your own toiletries such as soap for hand-washing
 - Lunch is provided in the form of a 'packed lunch' which you will prepare during the breakfast session. Sandwich bags, cling film etc. are provided but if you prefer you can bring your own lunchbox.

² A more detailed itinerary will be available nearer to the retreat date

Heavenly Holistic Hideaway Retreats
 "To rest your mind, relax your body & feed your soul"

BOOKING FORM

Forename:

Surname

Address:

County:		Post Code:	
Phone:		Mobile:	
Email:			

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

Vegetarian		Vegan	
Other Dietary Requirements			

Accommodation (*please tick*)

Twin with Ensuite		Single (shared shower room)	
--------------------------	--	------------------------------------	--

I would like to share a Twin Room with:
 (*other person's name*)

Any other information The Organisers should know? (*optional emergency contact details, mobility issues etc.*)

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

Please tick

Name (*please print*):

Date:

Data Protection:

I give Dreamstone Holistics – Therapies & Training permission to store my contact details until 31st October 2019

Yes

No

PAYMENT OPTIONS

Please tick to select payment option

Option 1

Full payment of £300 (includes £50 non-refundable deposit)
(Pay in full before 15./08/2019 and receive a 10%discount i.e. full cost is £270)

Option 2

Non-refundable deposit of £50 plus 2 instalments of £125 payable on:
15/09/2019 & 20/10/2019

Option 3

Deposit of £100 (includes £50 non-refundable deposit) plus 2 instalments of £100 payable on:
15/09/2019 & 20/10/2019

Please tick

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

I have submitted via PayPal a payment of³

I have submitted via bank transfer a payment of⁴

Please return by post to:

**Helen Jane Meyrick,
Dreamstone Holistics – Therapies & Training
110 Sunnybank Road
Griffithstown
Pontypool
Torfaen NP4 5LL**

Or email to:

information@dreamstoneholistics.co.uk

³ For PayPal use paypal.me/HMeyrick (friends & family) or email address helen@dreamstonetherapies.co.uk

⁴ For Bank transfers use sort code 309249 account 25176268 put your initials and WDTW2019 as reference

BOOKING TERMS AND CONDITIONS

1. Attendees are responsible for their own travel insurance and health & 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 September 2019 you will receive a refund of any fees paid minus £50 non-refundable deposit.
 - If you need to withdraw from the Retreat after the 1st September 2019 but before 1st October 2019 you will receive a refund of fees paid minus £100 cancellation charges.
 - If you withdraw from the Retreat between 1st October 2019 and Friday 18th October you will receive a refund minus £200 cancellation charges provided Helen Meyrick or Patricia Underwood have been notified. Any cancellation after Friday 18th October 2019 will not be refunded.
 - 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.
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.

Wind Down to Winter Retreat at Elan Valley Lodge 2019

Booking Conditions © 2019 Helen Jane Meyrick, Dreamstone Holistics – Therapies & Training