BOOKING FORM Carol Young 2009

Retreat at Ceridwen 30 October to 1 November 2009

Booking Form

Name

Address

Telephone number
Email

You can arrive anytime after 4.00 pm on Friday 30 October
Weekend ends 2.30pm on Sunday 1st November

Please state room preference

Price includes room, full board, yoga and relaxation sessions and one therapy— full body massage or reflexology	**Price Per person**	**Number Of people**	**Total cost**	**Less deposit**	**Total to pay**
Shared room for 4 per person	£190				
Twin room per person	£210				
Single room	£230				

NB a non-returnable deposit of £50 per person is needed to book your place

- Any health problems / injuries?
- Would you prefer: Full body aromatherapy massage
  Reflexology
- Any dietary needs or other information you think we should know
- Have you been on a retreat before? Yes / No
- What are you hoping to gain from this retreat?

Please make your cheque(s) payable to: Carol Young
Send to: Carol Young 10 Tair Erw Road Birchgrove Cardiff CF14 4QZ
Thank you