

**BOOKING FORM Carol Young 2010**  
 Retreat at Ceridwen 15 to 17 October 2010  
**Booking Form**

**Name**

**Address**

**Telephone number**

**Email**

You can arrive anytime after 4.00 pm on Friday 15 October  
 Weekend ends 2.30pm on Sunday 17 October

**Please state room preference**

Price includes room, full board, yoga and relaxation sessions and one therapy— Half hour massage back neck and shoulders 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 £80 per person is needed to book your place**

- Any health problems / injuries?
- Would you prefer: Back , neck and shoulders 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?
  
- How did you find out about 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**