Retreat BOOKING FORM Carol Young and Sue Price 2011
Retreat at St Non's Friday January 14 to Sunday 16
Booking Form

Name

Address

Telephone number
Email

You can arrive anytime after 4.00 pm on Friday 14 January 2011
Weekend ends 2.30pm on Sunday 16 January 2011

Please state room preference

Price includes room, full board, all workshops and one30 min. therapy—massage or reflexology	**Price Per person**	**Number Of people**	**Total cost**	**Less deposit £80pp**	**Total to pay**
Twin room per person	£190				
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 shoulder 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