

**Yogallife Weekend Retreat**  
**6<sup>th</sup> July – 8<sup>th</sup> July 2018**  
At the Haybergill Centre , Appleby, Cumbria

**BOOKING FORM**

Name

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Address.....

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Email.....

Phone.....

The weekend retreat runs from 6pm Friday 6<sup>th</sup> July – 4pm Sunday 8<sup>th</sup> July 2018

**Costs £275/per person**

This includes:

3 Yoga sessions,  
Meditation sessions,  
Pranayama  
Workshop and talks

All food and drink (delicious and plentiful vegetarian meals freshly prepared on site) and ensuite comfortable accommodation on twin shared basis (Single supplements will apply if space is available)

Sauna available on Saturday afternoon (extra fee payable)

You should make your own way to and back from the centre, there is plenty of parking.

To confirm your booking please fill in this form and pay a non refundable **deposit of £100 per person.**

Cash/ cheque payable to MP Timpson

**Balance of £175 payable by 13<sup>th</sup> May 2018**

## YogaLife Retreat 6<sup>th</sup> – 8<sup>th</sup> July 2018

### Terms and conditions:

#### 1) Cancellations

If you wish to cancel your booking your payment liability terms are:

- over 3 months deposit only
- within 8 weeks of the retreat 50%
- within 4 weeks of the retreat 100%

Any Refunds due will be processed after the retreat

**Balance is due 8 weeks before the retreat (13<sup>th</sup> May 2018)**

#### 2) Insurance

As it is a short term holiday it is strongly recommended that you take out adequate insurance for sickness, cancellations and loss damage to property. In the very unlikely event of retreats being cancelled all costs would be returned.

#### 3) Limitation of liability of YogaLife

In the unlikely event of injury, illness or theft or disruption to the event YogaLife is not responsible for any loss or damage to your personal property, or for any injury or illness sustained during the retreat. Please check with your GP that you are well enough to attend the retreat for yoga activities and walking, (the retreat is aimed all levels of yoga practice) but if you are unsure best to ask.

Cancellation policy is firm. Payment to MP Timpson of Yogalife indicates agreement with the conditions above

**The deposit of £100 is non refundable and non transferable**

Please sign below to confirm you have read and understood these terms and conditions.

Signed.....

date.....

**Please complete the form (both pages) and either scan and email to [info@theyogalifeproject.co.uk](mailto:info@theyogalifeproject.co.uk) or print and post to MP Timpson 8 Chandos Road Manchester M21 0ST**

Once we have your completed form and non refundable deposit your booking will be confirmed.

**Places are limited so please book early to avoid disappointment.**