

Yogalife & beanddo Weekend Retreat
26th April – 28th April 2019
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 26th April – 4pm Sunday 28th April 2019

Costs £295/per person

The retreat is led by Mick Timpson and will follow his innovative 8 thread modern meditation and will include:

Meditation sessions,
Pranayama and breathing exercises
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 or by paypal – from the [website](#)

Balance of £195 payable by 28th Feb 2019

YogaLife & beanddo Retreat 26th – 28th April 2019

Terms and conditions:

1) Cancellations

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

- over 8 weeks 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 (28th Feb 2019)

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 and beanddo

In the unlikely event of injury, illness or theft or disruption to the event YogaLife and beanddo are 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 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 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.