Name:

Address:

Post Code:

Mobile Number:

Email:

Who to contact in an Emergency with Tel:

Any Special Diet Requests? Please note that there may be a small charge, which will be passed to you.

Please indicate your room choice:

Single Ensuite (£295)

Single (£275)

Twin (£250pp)

Bank Details for Payment:

PLEASE REFERENCE with the surname on this form

Kirsty Hall

00292566

83-15-15

Comments

# INFORMED CONSENT

This programme has been designed for adults with no apparent health problems. It includes bending and stretching and has been developed to improve health and offer a sense of wellbeing.

Each element will be explained to you. Please make sure you inform us if you feel you should not participate or perform these exercises. If, AT ANY TIME, you feel excessive discomfort or pain during the session then you should immediately stop and notify your instructor.

In booking your place you agree to the following terms:

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* Full payment should be made 12 weeks in advance of the retreat weekend (i.e before the 21st April 2017).
* Cancellations before this date will receive a full refund. After this date, you will receive a full refund minus a £20 admin fee if someone is able to take your space.
* It is the customer’s responsibility to check the reservation and ensure that the particulars are correct. If there are situations beyond our control which mean that we need to cancel, we will inform you as soon as possible but we do not accept responsibility for any costs incurred, including airfare and travel costs.
* We reserve the right to alter any facility accommodation or activity.
* Braithe\* shall not be liable for any failures beyond its control.
* Braithe accepts no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from the retreat.
* We cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer whilst at the Retreat.
* We recommend that all customers have adequate travel, cancellation and medical insurance for the duration of the trip.
* You understand that you participate entirely at your own risk. You understand your own body’s challenges and take full responsibility for your own practice.
* All information provided by Braithe is correct at the time of going to print and is subject to change. Whilst every effort is made to provide the programmes, tutors and services as advertised, we do not accept liability for any changes we may have to make.
* In booking your place on the retreat you agree to these terms and conditions.

Please return this form by email to:  
  
[sandy@movementalchemy.co.uk](mailto:sandy@movementalchemy.co.uk)