

# Kindness & Ease: A Secular Mindfulness Retreat #4

Trigonos, Snowdonia, January Friday 19<sup>th</sup> evening – Monday 22<sup>nd</sup> lunchtime, 2018

## Booking Form

Please complete the booking form and return it using the contact details below. If you are completing this document electronically please don't worry about formatting or keeping within the pages – it is just the information we need.

### SECTION 1: PERSONAL DETAILS:

Name (as you would want used on retreat attendance certificate):	
Postal address including post code:	
Telephone:	
Mobile phone for urgent information:	
Email address:	
Emergency contact name & number of person available over the retreat:	

### SECTION 2: PRIVACY ISSUES:

We usually provide a list of the names and emails of retreat participants to facilitate networking, sharing lifts etc.

If you would prefer **NOT** to have your email address on this list **please write/type 'NO' here:** .....

### SECTION 3: HEALTH ISSUES:

While there are no absolute contraindications for undertaking the longer period of mindfulness practice on a retreat there are some conditions that require particular consideration to minimise the risk of unanticipated aggravation. It is therefore helpful if you could inform us if you have currently or have previously experienced any of the conditions listed using the space below. This information on your health is held in complete confidence by the trainers but if you would prefer to talk about any issues over the phone please contact us on the email below to arrange a phone call.

- Asthma or other significant respiratory conditions.
- Heart disease or high blood pressure.
- Epilepsy or other types of seizure.
- Diabetes or other causes of low blood sugar.
- Periods of moderate to severe depression or other significant mental health disturbance in the last 2 years.

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#### SECTION 4: SPECIFIC REQUIREMENTS - DIET AND ACCESS:

Do you have any special dietary requirements / food allergies or intolerances that we need to be aware of as the venue can cater for most needs? If so please inform us using the space below.

The venue is wheelchair accessible and has a loop system for hearing aids. Please inform us if you have any particular physical needs that it would be helpful for us to be aware of using the space below.

Some people may want to share a lift or be willing to offer a lift – if you are interested in doing so please **write/type 'YES' here: .....** and we will circulate a list of the contact details of people so interested so that people can set up any shared lifts.

#### SECTION 5: PREFERRED ROOM TYPE

Please rank your preference of room type on the table below. As room types have limited availability we will allocate rooms on a first come first served basis.

Room Type	Preference – please rank 1-4 with 1 being your first choice.
Single room with adjacent shared bathroom = £285	
Twin room used as a single room with adjacent shared bathroom = £300	
Single room with en-suite bathroom = £324	
Twin room used as a single room with en-suite bathroom = £345	

Some people may want to/be willing to share a room as this will reduce the twin room price by £36 for each person who shares. If you are interested in sharing please **write/type 'YES' here: .....**

#### SECTION 6: RETREAT FEES:

The full retreat fee is payable in advance.

There is the option to stay a further 1-4 nights until Friday 26<sup>th</sup> lunchtime. During this time there is the opportunity to practice together in a mostly silent retreat time. Contact us if you would like to stay longer.

**Cheques** made payable to 'Integrated Mindfulness' can be sent to: Integrated Mindfulness; c/o Annette Dunn; 22 Union Street; Clitheroe. BB7 2NH.

**BACS payments can be sent to this account:**

Bank Name: **The Co-operative Bank**; Account Name: **Integrated Mindfulness**; Sort Code: **08-92-99**  
Account Number: **65427796**. Reference to help identify transfer: **Your name**.

Please email us to confirm you have made a BACS payment with the account details you sent it from.

Please return the booking form either by **email** to **annette@integratedmindfulness.com**  
or by **post** to: Integrated Mindfulness; c/o Annette Dunn; 22 Union Street; Clitheroe. BB7 2NH.