

Good Day Yogis!

We would like to welcome you to the upcoming Day Retreat and share a little information so that you get the most from your day.

Please arrive from 09.30 onwards ready for a 10.00am start. Map and directions to The HolistiCentre, Broome Park are available on the website www.theholisticentre.uk.

Once you are on site, you can use the car park named 'Presentation Centre Car Park'. Our retreat venue, The HolistiCentre is alongside this car park. We will also be enjoying other areas within the Broome Park Estate throughout our day.

We have attached a health questionnaire. If you have not attended a day before with us, or have significant health changes since, please complete this. Post it to us in advance (if complex or if it may considerably affect your experience on the day), or bring it with you. This information will be shared with Angela, Sarah and any other therapists we employ to assist us on the day. Due to the data protection act, hard copies only please.

We have use of the facilities at The Broome Park Estate for the day. Including the swimming pool, sauna and gym, Callisters restaurant situated within the magnificent Manor house and beautiful surrounding gardens and countryside.

When you arrive please come to The HolistiCentre and leave shoes in the designated place at the top of the stairs.. We recommend footwear that is simple to take off and on.

The studio is equipped with yoga mats and blankets. Please feel free to bring your own if you prefer. There is carpeting throughout which is such a treat. You may bring water bottles into the studio but no hot drinks or food.

Everything on the programme is optional, so if you need time out, do feel free to snuggle up in one of the spaces within The HolistiCentre. You are welcome to help yourself to drinks and snacks at any time but may I ask you to clean your cups so that we keep the kitchen as tidy as possible?

Our therapists may sell products/vouchers. If you wish to purchase anything please bring cash or cheques.

In the morning, you will be offered a choice of mini treatments and allocated your therapist respectively. Your choices include – Oil Massage (You choose which areas ie Back, or Head, neck and shoulders, Arms and hands, Face) Thai table massage, Reiki, Reflexology or Indian head massage.

If you have not yet paid, the early bird cost is £80 for payments made at least 1 month before the Retreat date, or £85 after. Please pay directly with the following account details:

Name: Angela Oakes
Bank: Barclays
Sort Code: 20-25-25
Account no.: 50060852
Ref: [date of retreat] [Your Name]

Please notify me, Angela, by text 0797 090 8850, when you have made your payment. Once your payment is received your place is confirmed. Please be sure to read the cancellation policy below.

If you have any further questions, don't hesitate to contact us.

We are looking forward to welcoming you for our Day Retreat.

Many blessings, Angie and Sarah

0797 090 8850 - Angela
www.holistictherapyworks.com

07539 534 385 - Sarah
www.yogahealthandwellness.co.uk

Cancellation Policy

Please note that cancellations must be received in writing.

Cancellations received more than 1 month before the date of the retreat will receive 50% refund.

After that, any cancellations will result in a 100% loss of money paid.

We reserve the right to cancel the Retreat Day, should we need to, at any point, where you would be fully refunded.

Health Questionnaire

Please complete the following health questionnaire and bring along a hard copy. This information is required to enable Sarah and Angela to act in your best interests and will ensure that you obtain maximum benefit from the treatment, attunements, workshop or retreat day, whilst ensuring your comfort and safety.

Name

Address

Telephone

Email

Date

Date of Birth

Occupation

If you answer 'yes' to any of these questions, please add a short description.

- Are you currently receiving radiotherapy or chemotherapy for the treatment of cancer? Yes/No
- Have you had surgery in the last 3 months? Yes/No
- Do you have a pacemaker have any heart or circulatory disorders including high/low blood pressure? Yes/No
- Have you had deep vein thrombosis (DVT)? Yes/No
- Do you any varicose veins? Yes/No
- Do you have any allergies? Yes/No
- Do you have any infectious diseases? Yes/No
- Do you have any skin conditions/open sores or wounds? Yes/No
- Do you have any chest/stroke/breathing disorders? Yes/No
- Do you suffer from epilepsy? Is this controlled by medication? Yes/No
- Do you often feel faint or have spells of dizziness? Yes/No
- Do you have any recent fractures/muscles injuries or metal plates/pins? Yes/No
- Are you currently receiving any medical treatment which you may feel may affect your suitability for treatment? Yes/No

Do you suffer from any complications arising out of diabetes such as neuropathy or vascular disorders?

Yes/No

How many glasses of water do you drink per day?

How would you describe your sleep pattern?

Do you smoke? If so how many?

How would you describe your general stress level?

How do you relax at home?

How did you find out about us?

Is there anything else you think we might need to know?

What are your expectations/hopes?

I declare that the above information is true and correct and give my consent for Reiki attunement and treatment. I understand it is my responsibility to keep Sarah and/or Angela up to date with any changes to the above information.

Signed:.....

Date.....