

Beautiful beings!

We would like to welcome you to your upcoming Reiki Level 1 workshop and share a little information so that you get the most from your day.

Our day starts at 9.30 am and will finish at a flexible 5.30 pm, this is a full day that flies past in the the blink of an eye, plan a gentle evening! Your day is held at The Park Inn Palace Hotel, Southend on Sea.

There is plenty of parking spaces opposite the Park Inn Palace Hotel in The Royals shopping centre and at Seaways carpark.

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.

When you arrive please go to the Hotel Reception who will direct you to us.

Please consider bringing or purchasing a crystal, the size is not important, what is important is that it feels lovely in your hand or has a special meaning to you. You will be holding this crystal during your attunement. If you would like to record your experiences or feelings then bring a book that is beautiful to you and a lovely pen to write with.

The following is optional, but highly recommended. Please refrain from consuming alcohol, recreational drugs, meat or refined sugar for at least 3 days prior to your Reiki attunement. This also includes any known food or drink that leads to discomfort in the body.

Energetically it is preferable to have your physical system cleansed of anything that interferes with the free flow of your personal energy and, of course, Reiki energy. This simplifies the purification process.

We will be asking you to create your own nest, if you have your own special blankets, sheepskins, pillows or cushions then please bring them along. Loose comfortable clothing is also recommended. Please bring a yoga mat or other lightweight mat to sit and or lay on.

You may bring water bottles into the studio but no hot drinks or food.

You are welcome to help yourself to drinks and snacks at any time but may we ask you to clean your cups so that we keep the kitchen as tidy as possible?

If you have not yet paid, the early bird cost is £135 for payments made at least 1 month before the Retreat date, or £140 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 workshop ][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.

### **Certificates**

Please email Sarah to spell out how you would like your name to appear on your certificate!

If you have any further questions don't hesitate to contact either Sarah or myself.

We are looking forward to welcoming you.

Many blessings, Angie and Sarah

0797 090 8850 - Angela  
[www.holistictherapyworks.com](http://www.holistictherapyworks.com)

07539 534 385 - Sarah  
[www.yogahealthandwellness.co.uk](http://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 Reiki Attunement 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.....