

The background of the poster is a lush, green field of wildflowers. In the foreground, there is a dense cluster of small, white, five-petaled flowers with bright yellow centers, growing on green, rounded leaves. The background shows more greenery, including some brown, dried leaves and thin, brown stems, suggesting a natural, outdoor setting.

Spring Qigong Retreat

16th to 19th May 2019

Refresh, Revive, Renew!!

Information

Booking Form and Health Questionnaire

Qigong Retreat Booking Form and Health Questionnaire

The retreat starts on Thursday 16th May at 4 pm and finishes after lunch (2 pm) on Sunday 19th May.

Please complete all sections clearly and email the completed form to retreat@diverse-events.co.uk

Surname: First Name: E-mail:
Address: Telephone No:

1. Payment

***The price of the retreat includes all meals, free tea and coffee and tuition and is per person.
Please indicate your accommodation preference:***

(There is an Early Bird discount of £25 if you pay before 14th February 2019 – the discounted price is in brackets).

Shared room (2/3 people).....	£496 (£471)	Y/N
Single own use room	£541 (£516)	Y/N
Single en-suite.....	£571 (£546)	Y/N
Double en-suite.....	£545 (£520)	Y/N
Camping (own bedding).....	£395 (£372)	Y/N

There is a ground floor room available – please indicate if you would like to book this.

.....

Payment of £50 (Deposit) is requested to be made by **bank transfer** .

Account Name: Sally Ibbotson

Account Number: 20815093 **Sort Code:** 165810

Reference: Please include the reference 'Retreat' and your surname.

OR **By Cheque** made out to

Patricia Teahan and posted with this form to **2 Glastonbury Street, London NW6 1QJ.**

Please indicate how you have paid: **By Cheque Y/N** **By Transfer Y/N**

The balance of payment is due on 30th April 2019.

2. Health Questionnaire and Next of Kin/Contact Person

To assist us in providing a safe and healthy environment for you to exercise in, please take a moment to consider the list below and let us know if any of the following apply to you.

- Have you had any illnesses, operations or injuries requiring hospitalisation in the past year? If Yes, please give details:
- Do you have pains in your chest when you exercise?
- Do you often feel faint or have spells of dizziness?
- Are you receiving medication for any condition? If Yes please give details:
- Do you have high blood pressure?
- Do you have a bone or joint problem such as Arthritis or Osteoporosis?
- Is there anything else about your health that you think we should know about before you attend this retreat?

Now please read and sign the following statement.

I agree to take full responsibility for my health, safety and comfort throughout coaching sessions and to inform the retreat leaders if I am experiencing any unusual discomfort or pain.

Name..... Signature.....

My emergency contact person/next of kin is.....

Thank you for completing this questionnaire. Qigong is a very safe and gentle way to exercise, however if you have any concerns about whether it is right for you, please contact us.

3. Contact details

If you have any questions about Qigong, please contact the Retreat Leaders.

Tricia Teahan

www.teahan-therapies.com

m: 07904 238 745

e: patriciateahan@hotmail.com

Sally Ibbotson

www.willesdenbodywise.co.uk

m: 07980 046 815

e: bodywise9@gmail.com

If you have any general booking queries, please email retreat@diverse-events.co.uk

Venue details

Gaunt's House
Petersham Lane
Wimbourne
Dorset
BH21 4JQ
www.gaunthouse.com

Nearest station is Poole which is a 20 minute Taxi ride from the station.

4. Travel and Special Dietary Needs

- The cost includes all meals from Thursday evening meal to Sunday lunch. Please let us know if you have any special dietary requirements:

- We would like to know how you intend to travel to Gaunt's House – if there are a few people travelling by train to Poole, we will organise a single Taxi to reduce costs.

- If you are coming by car, are you able to offer a lift? _____

5. Cancellations:

Cancellations must be made by email to retreat@diverse-events.co.uk

All cancellations will incur an admin fee of £25.

1 - 4 weeks' notice: 50% refund.

7 days notice or less: no refund.

6. Privacy Notice

Consent

The reason we use this basis is to comply with GDPR.

We process your information in the following ways: Send information about events and classes, to follow up treatments and to change appointments

Data retention period: We will continue to process your information under this basis until you withdraw consent or it is determined your consent no longer exists.

Sharing your information: We do not share your information with third parties.