

Finding Our Own Peace and Potential

A Buddhist Inspired Retreat with Emma Slade

Knowlton Court, Canterbury, Kent UK
23rd February – 26th 2024
(3 nights inclusive)

Booking Form

Personal Information:

Full Name	
Email Address	
Telephone Number	
Room Type (please select)	Shared Twin Shared Double Single Occupancy
Same Sex Room (please select)	Yes No Preference
If you intend to share with someone please state their name here	

The Retreat:

What are you most wishing to learn from this retreat?
Do you have any particular questions you would like to share?

About You:

How long have you been practicing yoga/meditation/Buddhism?
What is your level of practice? (Please select)
Beginner Intermediate Advanced
Do you have any food allergies or intolerances (please be clear if you have an allergy, thanks)
Do you have any medical conditions which impacts your yoga or meditation practice?
Please give full details including any recent surgery and medications. If you are in your first trimester of pregnancy, suffer from epilepsy or have a pacemaker fitted, please advise here
Is there anything else you think we should know?

Emergency Contacts:

Please provide the names of someone we can contact in an emergency

Contact Name	
Contact Number	

Liability Waiver:

I, () hereby agree to the following:

That I am participating voluntarily in the retreat as detailed above. I recognise that yoga requires physical exertion that may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved. I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation and I agree to assume full responsibility for any risks, injuries and damages, known or unknown, which I might incur as a result of participating in the program.

Payment Terms:

- Shared rooms are £525 and singles are £625 fully inclusive of accommodation, food and all teachings.
- To confirm your booking a deposit of £150 is required – this deposit is non-refundable.
- The balance is to be paid by Friday 5th January 2024.
- All payments to be made to:

Emma Slade

First Direct Bank

Account No: 30817007

Sort Code: 40-47-84

Or

PayPal Account: Inspiration@emmaslade.com

If you wish to cancel your retreat, please inform us as soon as possible. Naturally, no-one books with the intention of cancelling or postponing their retreat, but unexpected things do happen. If you cancel up to until Friday 5th 2024, a refund will apply (minus your deposit). **After Friday 5th January 2024 the full cost will apply and cannot be refunded.**

If you or Emma are able to transfer your space to someone else you may qualify for a full refund minus your deposit, however we cannot guarantee this.

I agree to the terms and conditions as stated in the liability waiver

I understand and agree to the payment terms

Name	
Date	
Signature	