 **Information we need from you:**

The Zest Life Retreats | Booking Form

Thank you for your enquiry about our retreats. Please complete the booking form below and email to info@thezestlife.co.uk or print and post to Laura Bell, 3 Brookland Terrace, Deganwy, Conwy, LL31 9UN

Name:

Email address:

Tel. #: Home: Mobile:

Address:

D/O/B:  Age:

Emergency contact name: Tel. #:

Dates and theme of weekend booking:

How did you hear about us? Website FB Referral Flyer Yoga Show Other

How long have you been practicing Yoga? In brief tell us about your practice.

Any medical concerns / injuries?

Any food allergies / intolerances?

Any other information we should know about?

**Accommodation options**:

Please highlight your choice of retreat & accommodation:–

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2 day retreats | Twin room  shared | Single room  Single occupancy | Double room  shared | Double room  Single occupancy |
| Spring Sensation | 295 | 345 | 295 | 445 |
| Wild Swimming | 345 | 395 | 345 | 495 |
| Autumn Recharge | 295 | 345 | 295 | 445 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3 day retreats | Twin Room shared | Single room  single occupancy | Double room  shared | Double room  Single occupancy |
| Spring Sensation | 345 | 405 | 345 | 505 |
| Autumn Recharge | 345 | 405 | 345 | 505 |
| Winter Warmer | 345 | 405 | 345 | 505 |
|  |  |  |  |  |
| Fitness | 395 | 455 | 395 | 555 |
| Hiking Snowdon | 395 | 455 | 395 | 555 |
| Wild Swimming | 395 | 455 | 395 | 555 |
| Mountain Biking | 395 | 455 | 395 | 555 |
|  |  |  |  |  |
| Mindfulness | 435 | 495 | 435 | 595 |
| Life Coaching | 435 | 495 | 435 | 595 |
| Nutrition | 435 | 495 | 435 | 595 |

**Payment:**

A non-refundable £75 deposit is payable on booking to reserve your place.

Remainder of balance is due 28 days prior to start of the weekend.

Please specify your payment option: Cheque BACS

BACS Acct No. 22869670 Sort Code. 54 -41-06 Ref. Your name

Please go to <http://thezestlife.co.uk/terms-and-conditions/> for our terms & conditions.

Signed: Date:

**All done!**

Thank you for your custom, we look forward to sharing our zest life with you very soon.