**Heavenly Holistic Hideaway Retreats 2020**



**Late Spring Retreat**

**At**

**Elan Valley Lodge**

# Introduction

Helen, Jayne, Pat & Petrena are pleased to be hosting another springtime retreat at the beautiful Elan Valley Lodge Centre, near Rhayader in Mid Wales. We will have a range of activities and practical exercises to help you recover from the events of this strange year.

In addition to the planned activities there will also be time for you to explore the surrounding area of the Elan Valley, renowned for its reservoirs and wildlife, including the red kites. The staff at the Lodge will be only too happy to advise you.

If you wish to find out more about the venue then visit their website

www.elanvalleylodge.co.uk.

## Cost

The cost for this heavenly retreat in a magical hideaway is **£250 per person**, which includes accommodation[[1]](#footnote-1), all meals, activities and workshops. In order to secure your place you are required to complete the booking form, agree to the Ts&Cs and choose a payment option.



# ProposedItinerary[[2]](#footnote-2)

|  |  |
| --- | --- |
| **Autumn Holistic Retreat at Elan Valley Lodge 2020** | |
| **Friday 16th Oct 2020** | |
| 5pm onwards | Arrival |
| 6pm | Introductions; Meet & Greet; Gong Bath with Pat |
| 7pm | Evening Meal |
|  | General get-together or OPTIONAL drumming by the river or in the wooden roundhouse weather permitting |
| **Saturday 17th Oct 2020** | |
| 7.30am | Morning Meditation with Helen |
| 8am | Breakfast (plus free time for walks etc) |
| 10am – noon | Workshop/therapy sessions/free time |
| noon – 1pm | Lunch |
| 1pm – 6pm | Free time to explore plus therapy sessions available with the Organisers  (*book a slot/therapist on Friday evening)* |
| 6pm – 7pm | Gong Bath & Sound Healing with Pat |
| 7pm | Evening Meal |
|  | General get-together or OPTIONAL drumming by the river or in the wooden roundhouse weather permitting |
|  | |
| **Sunday 18th Oct 2020** | |
| 7.30am | Morning Meditation with Helen |
| 8am | Breakfast (plus time to vacate bedrooms) |
| 10am – noon | Workshop/therapy sessions/free time |
| Noon – 1.00pm | Lunch |
| 1pm -2.30pm | Journaling – how to, ideas & suggestions |
| 2.30pm – 3pm | Final gathering, gratitude and farewells |

**Notes:**

* Should attendees not wish to participate in the planned activities there ***may be*** opportunities, depending on therapists’ availability, for additional treatment sessions but these could incur an additional fee.
* There may also be available books & magazines for attendees to borrow during their stay for use during any available free time
* If you do wish to participate in the drumming and you have your own drum please bring it with you. There will be a limited number of spare drums for those who have not brought their own.
* If you are planning on exploring the surrounding area please ensure you bring appropriate outdoor clothing and footwear.
* Dress code – there is none! Casual clothing is the order of the day, just be sure your attire is loose and comfortable.
* Mobile phone reception is poor in the area, however the Lodge provides free WiFi.
* The Conference and breakout room are on the first floor with stair access only.
* Bedrooms are on ground floor and first floor.
* The venue provides 1 bath towel per person so you are advised to bring your own hand towel and toiletries such as soap for hand-washing
* Lunch is provided in the form of a ‘packed lunch’ which you will prepare during the breakfast session. Sandwich bags, cling film etc. are provided but if you prefer you can bring your own lunchbox.

# Booking Form

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Forename:** | |  | | | | **Surname** | |  | | | | |
|  | |  | | | |  | |  | | | | |
| **Address:** | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **County:** | |  | | | | **Post Code:** | | |  | | | |
| **Phone:** | |  | | | | **Mobile:** | | |  | | | |
| **Email:** | |  | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **Special Dietary Requirements** (*vegetarian; vegan; food allergies etc.*): | | | | | | | | | | | | |
| **Vegetarian** |  | | | **Vegan** | |  | **Gluten Free** | | |  | | |
| **Other Dietary Requirements** |  | | | | | | | | | | | |
| **Accommodation** (*please tick)* | | | | | | | | | | | | |
| **Twin with Ensuite** | | |  | | **Single (shared shower room)** | | | | | |  | |
| **I would like to share a Twin Room with:**  (*other person’s name)* | | | | | |  | | | | | | |
| **Any other information The Organisers should know?** *(optional emergency contact details, mobility issues etc.)* | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **I confirm I have read and agree to the Booking Terms & Conditions** | | | | | | | | | | | | *Please tick* |

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** *(please print)***:** |  | | |
| **Date:** |  | | |
| **Data Protection:**  *I give Dreamstone Holistics – Therapies & Training permission to store my contact details until 31st Oct 2020* | | Yes | No |
|  |  |

## Payment Options

|  |  |  |
| --- | --- | --- |
| **Please tick to select payment option** | | |
| **No payments will be accepted until after 31st August 2020 or until the current situation stabilises, whichever is earlier.** | |  |
| Full payment of £250 (includes £50 non-refundable deposit)  *(Paid by 01/10/2020)* | | |
|  |  | *Please tick* |
| I enclose a cheque (*payable to Helen Meyrick*) for the sum of: |  |  |
| I have submitted via PayPal a payment of[[3]](#footnote-3) |  |  |
| I have submitted via bank transfer a payment of[[4]](#footnote-4) |  |  |

Please return by post to:

**Helen Jane Meyrick,**

**Dreamstone Holistics – Therapies & Training**

**110 Sunnybank Road**

**Griffithstown**

**Pontypool**

**Torfaen NP4 5LL**

Or email to:

**information@dreamstoneholistics.co.uk**

# Booking Terms and Conditions

1. Attendees are responsible for their own travel insurance and health & wellbeing throughout the Retreat.
2. Attendees are responsible for the safety of their personal belongings.
3. Your Retreat fees cover Retreat activities plus your accommodation, refreshments, breakfasts, lunches and dinners from Friday evening dinner to Sunday lunch. The fees do not cover your travel or any additional expenses you may incur.
4. Withdrawal from the Retreat:
   * If you need to withdraw from the Retreat before 1st September 2020 you will receive a refund of any fees paid minus £50 non-refundable deposit.
   * If you need to withdraw from the Retreat after the 1st September 2020 but before 1st Oct 2020 you will receive a refund of fees paid minus £100 cancellation charges.
   * If you withdraw from the Retreat between 1st Oct 2020 and Friday 9th Oct 2020 you will receive a refund minus £150 cancellation charges provided the retreat organisers have been notified. Any cancellation after Friday 9th Oct 2020 will not be refunded.
   * Failure to attend the Retreat without prior notification, or attendance of only part of the Retreat will not constitute a reason for a refund.
5. In the unlikely event that the Retreat does not run you will receive a full refund of any monies paid.
6. The Organisers reserve the right to refuse any booking.
7. The Organisers reserve the right to ask anyone to leave the Retreat if their behaviour is judged to be unacceptable or disruptive.
8. If you are dissatisfied with any aspect of this Retreat, The Organisers must be notified at the time. Retrospective complaints are noted through an evaluation procedure and will not be considered as reason for refunds.

Autumn Holistic Retreat at Elan Valley Lodge 2020

Booking Conditions ©2020 Helen Jane Meyrick, Dreamstone Holistics – Therapies & Training

1. there are no supplements for single rooms [↑](#footnote-ref-1)
2. This may be subject to change but a more detailed itinerary will be available nearer to the retreat date [↑](#footnote-ref-2)
3. *For PayPal use paypal.me/HMeyrick (friends & family) or email address dragonhjm@gmail.com* [↑](#footnote-ref-3)
4. *For Bank transfers use sort code 309249 account 25176268 put your initials and WDTW2019 as reference* [↑](#footnote-ref-4)