

SPRING WEEKEND YOGA RETREAT with cat & phil (and biggie smalls☺)
OXON HOATH Country Estate – Hadlow near Tonbridge, Kent, UK
Oxonhoath Rd, Tonbridge TN11 9SS

Friday, 6th – Sunday, 8th April 2018

Cost: £375 tuition (early bird – 18 DECEMBER 2017)

£425 after that date, space permitting.

Deposit: £200 to hold a space

Balance due: 6th FEBRUARY (two months prior) – NO REFUNDS AFTER THIS DATE

Payment methods: cash/cheque/bank transfer

Cheques made out to: Catherine Alip-Douglas

Bank transfer to: TSB – Bayswater Branch, 30-32 Westbourne Grove

sort code: 309059, account number: 14231860, Swift/BIC code: LOYDGB21341, IBAN: GB50 LOYD 3090 5914 2318 60

The Retreat: 2 nights/3 days includes all meals (vegan) and shared accommodation (twin beds or double/also a possibility for 3-4 friends to share a large room – same price), daily yoga sessions (2-2.5hours), informal gatherings in an environment conducive to a proper 'retreat' in the heart of nature only 45-60mins away by train from London. Lastly, great company including the notorious Biggie Smalls the dachshund!

The Accommodation: Most bedrooms are twin but there are also several singles, doubles. Most rooms retain the original mansion proportions and have ensuite facilities. Those without have a bathroom close by. All rooms are centrally heated, simple and comfortable.

Check in – 4pm on Friday 6th April

Check out – 3pm on Sunday 8th April

PLEASE BRING YOUR OWN BATH TOWELS & YOGA PROPS.

YOGA MATS ARE AVAILABLE TO BORROW. WE SUGGEST BRINGING YOUR OWN.

NOT INCLUDED: TOWELS, travel to Tonbridge (Victoria Station, Charing Cross, London Bridge, Gatwick, etc), taxi to house, travel insurance.

Built in 1372 as a Stately Home and opened in 1999 as a Retreat and Conference Centre. Oxon Hoath is...*"A treasure trove of history and nature, the 73 acre estate offers an outstandingly beautiful environment, combined with a professional team and facilities tailored to meet your needs."* For more information:

<http://oxonhoath.co.uk/>

The Journey: To Tonbridge from Victoria (limited), London Bridge, Charing Cross, East Croydon or Gatwick. There is a good taxi rank at Tonbridge station. Oxon Hoath is about 5 miles and the fare should be £16 - £18.

Tonbridge Taxis: **01732 773300** Streamline: **01732 505050**

Driving directions here/parking available : <http://oxonhoath.co.uk/location-map/>

If you would like any further information, please call **01732 811071** or email admin@oxonhoath.co.uk.

To stay up to date on announcements and organize travel/shares, etc. Please see the fb retreat/event page that has been created:

The Booking Form: (please print)

Name:.....

Address:

Mobile Phone:E-Mail:

Room mate request:.....

Amount/method of payment enclosed:.....

Emergency Contact:.....Phone:.....

The Reservation: How to book in? Complete this form and return it with deposit/full payment. Reservations will be based on a first come first served policy. Questions? cat@catalipdouglas.com

The Fine Print: A deposit (£200) is required to book in, reserve a space. Full payment is required to confirm reservation **no later than 6th FEBRUARY 2018 to confirm your booking.** The deposit is not refundable after that date. **There is also a 20% processing fee for canceling/requesting a refund at any point.**

Notes: Guests to supply their own towels. Towels can be hired: £5.50 for hand & bath. Vacating bedrooms: guests are kindly requested to remove belongings from bedrooms by 1.00pm on Sunday. Lost bedroom keys incur a £57.00 charge.

If I cancel or significantly alter an important element of the retreat, I will offer a full or partial refund of the tuition. However, please note transportation expenses will not be covered. Please bring a mat and any props that you may require for practice. A detailed itinerary will be available closer to the retreat.

“I have read the above and understand the information pertaining to this retreat. I am aware that I must be covered by my own travel insurance appropriate to the activity in order to participate in this yoga retreat and do not hold Catherine Alip-Douglas & Phil Douglas responsible. Any cancellations or changes on my behalf must be made in writing to the attention of Catherine Alip-Douglas within a reasonable period of time. **Cancellations after 6th of FEBRUARY will result in loss of deposit.**”

Signature (can be electronic).....Date.....