

# Booking Form For Retreats & Chill Out Breaks

Hi, thank you very much for choosing us for your weeks Convalescent break or your Spiritual Awareness holiday Bev and Lynda welcomes you to this unique time in the Scottish Highlands, whereupon you will gain awareness and true understanding into your true self wellbeing in our unique workshops and Labyrinth of life pilgrimage. Our convalescent Chillout breaks are also all inclusive, where you can get away from all the hassle and stress for a short while from everyday life. Please note this event is all about back to basics, nurturing – sharing and oneness. We ask that you leave our contact details with a family member or friend for emergencies and we also ask that you give emergency details and next of kin to Lynda. Our home caters exclusively for up to 13 people, 4 double rooms, 2 twin rooms and 1 single room, please state if you do not mind sharing, as we have limited places.

Today's Date \_\_\_\_\_ Date of Your Retreat/Chillout Break \_\_\_\_\_

Name \_\_\_\_\_ Mobile \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Landline \_\_\_\_\_

Emergency Details \_\_\_\_\_ Dietary Vegetarian Traditional Other please specify

Name \_\_\_\_\_

Tel House \_\_\_\_\_ \_\_\_\_\_

Allergies \_\_\_\_\_ Medication \_\_\_\_\_

Your Annual Retreat or Quarterly Chillout break will take place from Monday afternoon at 1 O'clock to Saturday finish at 4.00pm You are welcome to join us in our country home in the Scottish Highlands, we are offering full board and lodgings with traditional cooking and fresh home bakes daily. Please make your own way to our retreat/chillout break, We are only 20 miles from Aberdeen Airport and Railway Station. Monday is for familiarizing/refreshments and introductions to us and your new friends, followed by a group evening meal. Please make sure that you arrive and leave within the times specified. Special arrangement can be made if extended/earlier stays due to flight times are required. Each day starts after breakfast at 9.30am and finishes at 5.00pm for our group evening meals at 7.00pm. Please bring with you your own towel, house slippers and suitable outdoor clothing for our Scottish weather, including swimwear. **The fee for our 6 day events is £ 500. including full board and lodgings with three square meals per day and home bakes with refreshments, plus tea/coffee breaks.** Our retreats include four full day workshops, and the last day as a Chillout break. Our Chillout breaks are just that, peace, tranquillity and stillness for 6 days with hands on healing sessions and meditation classes Please note that there is no internet and very little mobile coverage.

Please make sure that you leave us emergency contact details.

Price £ 500.00

All Payments to be paid at least six weeks prior to any event

Early Payment by June warrants a 10% discount

Deposit £200.00 Y N  
None refundable Deposit

Payment in full £500.00 Y N

Any cancellation requires six weeks' notice  
Refund choice is a transfer to a different Retreat  
or the Organisers' discretion to payment less 25%  
Re-turned payment up to 6 weeks after the event

Paypal Y N

[highlandtrinityspiritualretrea@gmail.com](mailto:highlandtrinityspiritualretrea@gmail.com)

Bank transfer    
Bank of Scotland  
80-46-35 01575638

TARLAND LODGE  
TARLAND  
ABYONE  
AB34 4TB

Bev's Emergency Number ONLY 07931450709

Website  
[www.highlandtrinityspiritualretreats.com](http://www.highlandtrinityspiritualretreats.com)

Email  
[highlandtrinityspiritualretrea@gmail.com](mailto:highlandtrinityspiritualretrea@gmail.com)

Facebook  
<https://www.facebook.com/LBLtrinity/>  
<https://www.facebook.com/groups/894109430677092/>

Pinterest  
<https://www.pinterest.co.uk/trinityspiritualretreats/pins/>