

Highland Spiritual Retreat Welcome Pack & Booking Form

Hi, thank you very much for choosing our Spiritual Retreat for your self-development and spiritual journey. Bev, Lynda and Linda welcomes you to this unique Holiday Retreat in the Highlands of Scotland at Findhorn Bay, whereupon you will gain awareness and true understanding into self in our unique workshops and the introduction to lifelong friends. You will be allotted a labyrinth buddy on your first day before the commencement of the workshops. 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 friends for emergencies and we also ask that you give emergency details and next of kin to Lynda. Our 17 bedroom lodge has three double rooms the rest are twin, all meals are group gatherings, consideration to all group members is a necessity **at all times.**

Today's Date Date of Your Retreat

Name Mobile

Address Email

..... Landline

Emergency Details

Name
Tel House
Allergies

Dietary Vegetarian Traditional Other please specify

Medication

Your Retreat will take place from Monday to Friday in the famous Scottish Highlands at Findhorn, with full board and lodgings in our homely Bay Lodge with wholesome traditional cooking and fresh home bakes daily. Please make your own way to the retreat where possible or arrange airport pick up. Monday is for familiarizing/refreshments and introductions to your friends of the triad followed by group evening meal. The event finishes at 6.00pm on the Friday evening. 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 6.00pm for our group evening meals. Please bring with you your own towel, house slippers and suitable outdoor clothing for the Scottish weather. Please become friends on our sites as it gains information daily and updates. The fee for this 5 day holiday retreat event is £ 400.including full board and lodgings with three square meals per day and home bakes with refreshments, plus tea/coffee breaks. This includes four full day workshops, each day from 9.30am until 6.00pm, finishing your stay from 6.00pm on the Friday evening. Please note that there is no internet and very little mobile coverage at Bay Lodge. **Please make sure that you leave us emergency contact details.**

Price £ 400.00

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 £400.00 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

Trinity Annual Membership Y N
£50.00

Paypal Y N

highlandtrinityspiritualretrea@gmail.com

Bank transfer Y N
HSBC
40-22-66 50098620

Postal and Contact Details

Trinity Triad Spiritual Retreats
Miss Lynda Littlewood
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