

# Yoga & Pilates Retreats

Booking form – Portugal 2012

Please complete the form, scan it and send by email to [beafri@alice.de](mailto:beafri@alice.de)  
then make a bank transfer to:

Bank: Santander  
Acc name: beayogi  
Sort code: 090127  
Acc number: 37087944

Please confirm transfer by email to [beafri@alice.de](mailto:beafri@alice.de)

Or print form in block capitals and with a cheque deposit of £350 made payable to beayogi  
post to: Retreats, Liz Chandler, 15 Lansdown Place, Frome, Somerset, BA11 3HP, UK

The remainder of the payment is due 4 weeks prior to start date of holiday.  
Please note that all information given will remain entirely confidential with Beate Fritzching and Liz Chandler and only be used for the purposes of this Yoga/Pilates holiday.

Title: \_\_\_\_\_

Full name (as on passport): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home telephone number: \_\_\_\_\_

Mobile number: \_\_\_\_\_

E mail address: \_\_\_\_\_

Preferred way of contacting: \_\_\_\_\_

Or my partner's mobile \_\_\_\_\_

Date of birth: \_\_\_\_\_

Previous Yoga experience:

Which styles of Yoga have you practised? (if known)

Beginner / Intermediate level/advanced/teacher

Previous Pilates experience:

Beginner / Intermediate level/advanced/teacher

# Yoga & Pilates Retreats

Accommodation requirement

Please select your preferred room accommodation.

*We will do our best to accommodate this request, but all room reservations are first come first served.*

Twin ensuite £680 \_\_\_\_\_

Single ensuite £920 \_\_\_\_\_

Dormitory £540 \_\_\_\_\_

Non Yoga Partner: \_\_\_\_\_

Do you have a preferred/agreed sharer?

If yes, Name \_\_\_\_\_

Please indicate your dietary preferences:

Vegetarian \_\_

Vegan \_\_\_\_

Eat seafood: \_\_\_\_\_

Any food allergies (ie nuts) \_\_\_\_\_

Which week do you want to book?

21 -28 July 2012 (Yoga and Pilates, adults only)

28 July - 4 August 2012 (Yoga & Meditation family week)

## CANCELLATION POLICY:

Cancellation of your holiday, for whatever reason, must be notified to Bea Fritzsching in writing by letter or email. Whilst we will endeavour to treat cancellations sympathetically spaces are limited and the following applies:

Deposits are non-refundable. For cancellations made up to two weeks before departure 50% of payment (excluding deposit) will be refunded. Thereafter refunds (up to a maximum of 25% of payment and excluding deposit) will only be considered under exceptional circumstances at the discretion of the organiser. The cost of any airline ticket is the responsibility of the participant. You must take out your own travel insurance.