***‘Re-Discovering Your Best Self’***

**Rydal Hall Retreat**

**Rydal, Ambleside, Cumbria, LA22 9LX**

**Friday 6th October (starting at 4pm) – Sunday 8th October, 2023 (finishing at 3pm)**

**Application Form**

**Name:**

**Address:**

**Email:**

**Mobile number:**

**Dietary requirements (Rydal Hall kitchens are not nut free):**

**How did you get to hear about this retreat?:**

**Please say a little about what you are hoping to get from the ‘Re-Discovering your best self’ Rydal Hall retreat:**

**Cathy or Mike will be in touch by phone before the retreat to introduce themselves and welcome you onto the retreat. Let us know when would be the best time for one of us to call you:**

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| **Fee:** |
| The fees are £479 (including VAT), which includes: the retreat experience, the retreat journal, all meals, refreshments and accommodation in Rydal Hall on the night of Friday 6th October and Saturday 7th October 2023.  To secure your booking a £120 deposit (including VAT) (non-refundable and non-transferable) is required at the time of booking.  Full payment is required six weeks before the retreat. Cancellation charges: less than six weeks before arrival - 100%.  If you would like to stay at Rydal Hall for any additional nights then please contact Anna at Rydal Hall to confirm availability and arrange booking on: [groupbookings@rydalhall.org](mailto:groupbookings@rydalhall.org) or 015394 30838. Please let her know that you are attending the ‘Re-Discovering Your Best Self’ Retreat’ October 2023. |
| **Signed:** |

Please email this application form to Cathy Brown at: [cathybrown@evolve.eu.com](mailto:cathybrown@evolve.eu.com)

If you have any questions, then please contact Cathy on 07788 190273

**Thank you**

**Cathy and Mike**