

Application Form for Seasyde Retreats: Healthy Happy Menopause 6-8 October 2023
Please print, complete and email to fiona@seasydehouse.co.uk

Name.....Address

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Tel.....email.....

Date of Birth.....

Choice of room

Sole occupancy with en suite bathroom (£120 per night for 2 nights) total = £240

Shared twin room with en suite bathroom (£85 per person per night, for 2 nights) total = £170
If you are coming with someone that you want to share with, please give their name

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Personal Health Goals

What are your hopes and expectations of the retreat?
What are your goals for improving your health?.....
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Do you have any significant health or accessibility issues?.....

Dietary restrictions/sensitivities/allergies

Vegetarian..... Vegan..... Gluten Free..... Dairy Free.....

Allergies or sensitivities to specific foods.....
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Choice of Therapy

One hour-long therapy session is included in the cost. Please state which you would like.
Each additional therapy session is £75.

Massage Reflexology Reiki Biodynamic Osteopathic consultation & treatment

Naturopathy/nutrition consultation and treatment

Yoga

There will be a rejuvenating yoga class on Saturday and Sunday mornings. Please wear loose comfortable clothes. Mats will be provided.

Tennis

There is a tennis court that you are welcome to use. Please bring your own racquet and balls.

Journaling/Writing/Sketching/Painting/Music

Bring a notebook and do some reflective or creative writing. Or bring a sketchbook and paints to relax your mind and capture the beautiful views. If you play an instrument you are welcome to bring that.

I have read and agree to the terms and conditions (see below)

Signature.....

Date.....

Booking Terms & Conditions

Your agreement is with Seasyde Retreats, Seasyde House, by Errol, Perthshire PH2 7TA. We will invoice you for your retreat on receipt of this application form.

Reservations

To reserve a place at Seasyde Retreats, a non-refundable deposit of £200 is required at time of booking. The final payment must be paid 6 weeks prior to the start of the retreat.

For bookings made within 6 weeks of the date of the retreat, the full payment will become due immediately upon booking. Once payment has been made any subsequent cancellation will incur Cancellation Charges as set out below.

Your booking is considered definite and a contract will exist between you and Seasyde Retreats only when an email of confirmation has been sent to you. No contract will exist between us prior to our issuing the confirmation email.

The price of the retreat is £650 plus your accommodation charge, which varies according to whether you choose a shared or sole occupancy room. The price includes all food, talks, yoga classes, make up masterclass, use of Seasyde House guest facilities and a one-hour long therapy session. One additional therapy session may be booked at the additional charge of £75. We reserve the right to make changes to the programme if necessary.

Cancellations & Amendments

If you wish to amend or cancel a confirmed booking, you must contact us in writing, via email. Cancellations up to 30 days prior to the start of your retreat will receive a full refund (excluding deposit). Cancellations up to 14 days prior to the start of the retreat will receive a 50% refund (excluding deposit). We reserve the right to charge a cancellation fee of the full value of your retreat if you cancel less than 14 days before your date of arrival. Where applicable, refunds will be made by the same method used to pay for the booking. If the reason for cancellation is covered under the terms of an Insurance Policy, you may be able to reclaim these charges.

Changes and Cancellations by Seasyde Retreats

We will inform you as soon as reasonably possible if Seasyde Retreats needs to make a significant change to your confirmed booking or to cancel. Occasionally, changes may have to be made (e.g., to itineraries, yoga teacher or other Seasyde Retreats representative or other arrangements), which we reserve the right to do at any time. Changes are normally minor and we will advise you at the earliest possible date.

Should a significant change occur, then provided that it does not arise through circumstances amounting to force majeure (see below), you will have the choice of either accepting the change of arrangements or cancelling your retreat and receiving a full refund (excluding deposit). Your deposit can be transferred to a future date.

Seasyde Retreats reserves the right in any circumstances to cancel your retreat, in which case we will offer a refund in full of all monies paid.

Compensation will not be paid if Seasyde Retreats is forced to cancel or in any way change your retreat due to war, threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire, adverse weather conditions, technical or maintenance problems with transport, or other circumstances which amount to force majeure.

Insurance and Health

WE STRONGLY RECOMMEND THAT YOU HAVE FULL TRAVEL INSURANCE TO COVER CANCELLATION, HEALTH, LOSS OF PERSONAL BELONGINGS AND COVID COVER.

You need to have your own travel insurance. You should also check with your doctor that you are sufficiently fit and healthy to undertake yoga classes and any other physical activity we have arranged or you may arrange during your retreat. If you experience any injury or discomfort during any activity organised for you, then you must desist immediately and advise Seasyde Retreats accordingly.

Please do not come if you have symptoms of Covid or any other infectious disease. Your insurance may provide you with a refund.

Changes to a Booking

If you wish to change any part of your booking arrangements after a confirmation has been sent out, you must inform Seasyde Retreats in writing as soon as possible. Whilst we will do our best to assist, we cannot guarantee that we will be able to meet your requested change. Where we are unable to assist you and you do not wish to proceed with the original booking we will treat this as a cancellation by you. A cancellation fee may be payable.

If any member of your party is prevented from travelling, that person(s) may transfer their place to someone else providing we are notified not less than 30 days before departure. If you are unable to find a replacement, cancellation charges as set out will apply in order to cover our estimated costs. Otherwise, no refunds will be given for passengers not travelling or for unused services.

Note: Certain arrangements may not be amended or transferred after they have been confirmed and any alteration could incur a cancellation charge of up to 100% of that part of the arrangements.

Complaints

If you have a problem during your retreat, please inform a member of our team immediately, who will endeavour to put things right. If your complaint cannot be resolved, you must advise us in writing on your return. Please note that we cannot be responsible for the individual behaviour of any group member.