



**DAY AWAY YOGA SPA RETREAT APPLICATION FORM
HALLMARK HOTEL, BOURNEMOUTH**

DATE OF EVENT:

NAME:

ADDRESS:

POST CODE:

TELEPHONE/MOBILE NUMBER:.....

EMAIL: FACEBOOK: YES NO

ANY SERIOUS ILLNESSES IN THE LAST 3 MONTHS: YES NO

If yes, please explain:

ANY SURGERIES IN THE LAST 3 MONTHS: YES NO

If yes, please explain:

IN WHICH EXERCISES DO YOU PARTICIPATE? HOW OFTEN? PLEASE TICK

Yoga Pilates Zumba Walking Gym

Swimming/Aqua Body Balance Body Combat Dancing

Other , please name: How Often? ..weekly..... No exercise

DO YOU TAKE REGULAR MEDICATION? YES NO

IF YES, MORNING NOON EVENING NIGHT

DO YOU HAVE ANY ALLERGIES WE NEED TO BE AWARE OF? YES NO

If yes, please state here

ARE THERE ANY SPECIAL DIETARY REQUIREMENTS?

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If there are any special needs that we need to be aware of, please let us know, as we want to make your stay with us as comfortable as possible.

To book your place, please send a cheque with the full payment of £70 to;

Melsia Kraftner

20 Pine Ave. Branksome,

Poole, Dorset BH12 4AG

Once payment has been received, then the booking will be confirmed by email.

For any queries, please contact Melsia on 07903301514/01202 739688 or email me.

Thank you for your custom and we are looking forward to seeing you on the Retreat.

