



**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? .....

.....

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.

