***‘Re-Discovering Your Best Self’***

**Rydal Hall Retreat**

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

**Saturday 8th October (starting at 10.30am) – Sunday 9th October, 2022 (finishing at 4.30pm)**

**Application Form**

**Name:**

**Address:**

**Email:**

**Mobile number:**

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

**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 £299 (including VAT), which includes: the retreat experience, the retreat journal, all meals, refreshments and accommodation in Rydal Hall on the night of Saturday 8th October. To secure your booking a £100 deposit is required at the time of booking. Full payment is required a month before the retreat. Cancellation charges: less than four weeks before arrival - 100%. If you would like to stay at Rydal Hall the night before the retreat starts, then please contact Rydal Hall to confirm availability and arrange booking on: mail@rydalhall.org or 015394 32050. |
| **Signed:** |

Please email this application form to Cathy Brown at: cathybrown@evolve.eu.com

If you have any questions, then please contact Cathy on [07788](https://www.google.com/search?q=rydal+hall+contact+number&oq=rydal+hall+phone+&aqs=chrome.2.69i57j0i22i30l2.5114j0j9&sourceid=chrome&ie=UTF-8) 190273

**Thank you**

**Cathy and Mike**