



Thank you for your interest in the **Women's Winter Wellness Retreat**, to be held at Continental House, Hepburn Springs from Friday 5th to Sunday 7th July 2019.

The Retreat package includes ensuite room accommodation, delicious and nutritious meals provided by Spade to Blade, wine with dinner, small group relaxation and meditation sessions with Justine Knott, yoga sessions, and a guided mindfulness bushwalk.

The cost for the Retreat is \$800 per person for a private Queen room. If you wish to share a room, the Retreat fee is discounted to \$690 per person. Places are limited to a small number of participants to allow for an intimate, relaxed and supportive environment. To secure your place in the program, please pay a deposit of \$200. Payment can be made by cheque, credit card or Direct Deposit. Final payment is required by 1 July 2019. Please complete the attached registration form and return a copy via **email** to keilorpsychology@gmail.com. If you have any questions, please don't hesitate to contact Reception on 9988 0088.

Please advise when booking if you would like to add extras such as a massage or facial, or the Turkish Hammam experience. I look forward to spending this special relaxation time with you.

Justine Knott

Retreat Registration Form 2019

Name: _____

D.O.B: _____ / _____ / _____

Address: _____

Phone No: _____ (mob) _____ (landline)

Email: _____

Emergency Contact: _____ Phone No: _____

What aspect of your daily life do you find most stressful?

Would you like help with a particular issue during the Retreat? Yes ☐ No ☐

If yes, please provide details:

Special Dietary needs:

Payment Details

VISA ☐ Mastercard ☐ Cheque *(please make payable to Justine Knott)* ☐

Credit Card Number: _____ Exp: _____ / _____ CCV: _____

Signature: _____ Date: _____ / _____ / _____