

# AUTUMN YOGA WEEKEND WITH JOANNA

## HAYBERGILL, APPLEBY IN CUMBRIA

FRIDAY 26<sup>TH</sup> – SUN 28<sup>TH</sup> NOVEMBER 2010

Arrival 6pm Friday - Depart 4pm Sunday

Another opportunity to unwind and relax and practice yoga at our lovely retreat in the Lakes! Haybergill Centre [www.haybergill.co.uk](http://www.haybergill.co.uk) is purpose built and situated in 3 acres of woodland in the lovely Upper Eden valley in Cumbria with breathtaking views all around and close to the Lake District.

We will have a Vinyasa Flow practice in the morning and Yin Yoga practice in the evening, with relaxing Yoga Nidra after dinner.

The beautiful yoga room overlooks the gardens where rabbits and red squirrels come to feed.



There is separate chalet with sauna and massage room where holistic treatments and massage will be available throughout the weekend (not included in the price). There will be ample time to explore the surrounding countryside which is designated an area of natural beauty.

The price includes :

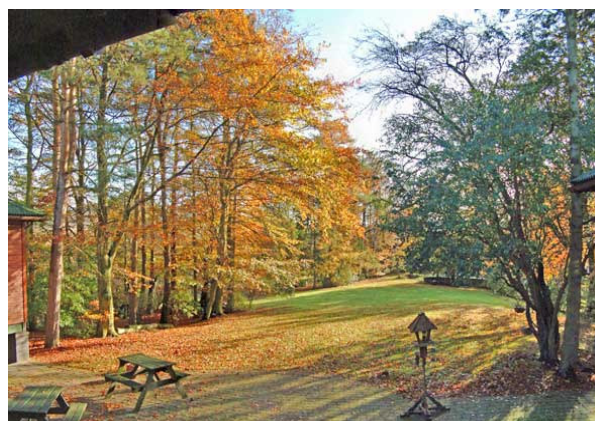
All meals which are wholesome vegetarian and organic produce is used where possible.

Warm and comfortable accommodation on a twin shared basis.

Yoga tuition.

**Price £250** - A non-refundable deposit of **£100** is required to secure one of the places which are limited so please book early. The remainder is due 6 weeks before the start of the retreat. Please fill in the booking form and send a cheque made payable to Joanna Najdudch to:

HIGHER GREEN FARM, BRADLEY FOLD RD, AINSWORTH, BOLTON, BL2 5QN



**FOR FURTHER DETAILS AND TO BOOK A PLACE PLEASE CONTACT JOANNA**

EMAIL: [joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com)

Tel: 07766 40 55 55

[www.yogawithjoanna.com](http://www.yogawithjoanna.com)

**Autumn Yoga Weekend with Joanna 26<sup>th</sup> – 28<sup>th</sup> November 2010**  
**Haybergill in Cumbria**

**Booking form - Please print, fill in and return with your deposit.**

Name..... D.O.B.....

Address.....

.....

County.....

Postcode..... Country.....

Telephone..... Email.....

Yoga - Beginner..... Intermediate..... Advanced.....

Please enclose a cheque for £100 as a deposit. Made out to: Joanna Najduch

I agree to the terms and conditions set out below.

Signed:..... Date:.....

Enquiries to Joanna Najduch. Tel: 0044 7766 40 55 55 Email: [joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com)  
[www.yogawithjoanna.com](http://www.yogawithjoanna.com)

Please return booking form and payment to Joanna Najduch

Higher Green Farm,  
Bradley Fold Road,  
Ainsworth,  
Bolton.  
BL2 5QN  
U.K.

## **Terms and Conditions**

1. No contract shall exist until:

\* The signed Booking Form is received, AND

\* The appropriate deposit is paid.

\* A confirmation email has been issued.

\* Persons making payments without completing the booking form will be bound by Booking Conditions.

### **2. IN ORDER TO PARTICIPATE IN THE COURSE, CLIENTS MUST HAVE TRAVEL INSURANCE !!!**

3. Full payment of the balance due must be made before arrival, or Joanna Najduch reserves the right to cancel the arrangements made on your behalf and charge the applicable cancellation charges.

4. Cancellations:

#### **The deposit is non-refundable.**

If cancellation is made within 6 weeks of the start of the holiday/ or after the balance has been paid, then 50% of the balance paid will be refunded. Any other costs incurred will have to be covered by your Holiday Insurance. If cancellations made within 2 weeks (last Minute) of the holiday – **no refunds given.**

5. Where a booking is made on behalf of several individuals the booking is conditional on the person signing the booking form having authorisation from all the individuals named on the booking form to enter into this contract.

6. Amendments made up to 6 weeks before departure will, if we are able to assist you with the required changes, incur an amendment fee of £10 per person.

7. Accommodation will usually be in twin bedded rooms.. Places will be allocated on a first come first serve basis. Single rooms usually incur a supplementary charge and must be detailed on our invoice to you to be guaranteed. In the case of an odd number of participants ,if there is no one to share a twin room with you , then the single room supplement will apply. Again this will be decided upon on a first come first serve basis.

8. If, for any reason at all, Joanna Najduch becomes unavailable on a Yoga overseas holiday/retreat, we shall do our utmost to replace her with a leader of similar qualities. This has never happened as yet. Wherever possible you will be advised in advance of any alterations. Similarly, the alteration of some amenities or courses might take place due to maintenance work, mechanical faults, weather conditions, sickness or other situations are outside our control.

9. Liability: We do **NOT** accept any liability for: \* Cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, illness of participant or close relative, closure of airports, civil strife, industrial action, natural disaster, technical problems to transport, staff cancellations or other events beyond our control \* Participants' medical or psychiatric conditions which may develop during or subsequent to the holiday \* Injury sustained on the retreat \* Loss of, or damage to, personal property of participants.

10. If you have had any major physical or emotional illness within the past 5 years, or are under medical or psychiatric supervision, you must notify us of the details at the time of booking and, where appropriate, enclose a doctor's certificate of fitness to travel. Non-disclosure of relevant information can invalidate your insurance and cancel our contractual obligation to you.