

# Three Monkeys School of Qigong – Booking Form

Personal Details			
Full Name.			
Email Address			
Postal Address			
Home phone number			
Mobile phone number			
Date of Birth			
Experience			
Please mark the level of guidance you require in order to complete the following forms and provide any other relevant information			
Qigong Form	Visual and Verbal Guidance	Verbal Guidance Only	No Guidance
Lift Qi Up, Pour Qi Down			
La Qi			
Three Centres Merge			
Other forms of Qigong, Meditation or similar practice:			
Bookings – (Double check the pricing on our T's and C's page)			
Please write the name of the retreat or course you are booking and what deposit or full amount is being paid with this booking. - Please specify dates			
Course and Dates	Deposit	Total	
Please let us know how you heard about this training (including name of person who referred you if relevant):			
Please tick to confirm that you have read and understood the Terms and Conditions (available on <a href="http://www.3monkeysqigong.co.uk">www.3monkeysqigong.co.uk</a> ).			<input type="checkbox"/>

# Additional Details for St Cuthman's Stillness Retreat

## Accommodation

Please mark your preference:

Single Room		£45 Surcharge will be payable
Shared Room		

Notes:

1. Single rooms are allocated on a first come, first served basis and availability will be confirmed at the time of booking.
2. If you have no preference, please mark 'Shared Room'.

## Dietary Requirements

St Cuthman's Retreat Centre is able to cater for a range of special requirements. If you require one of the following diets, please mark as appropriate.

Vegan		Vegetarian	
Pescatarian (veg + fish)		Gluten Free	

## Additional Meals

If you require lunch on the first day it is available for £10

Please mark the checkbox to reserve your meal.

Lunch will be served at 1pm on 10<sup>th</sup> March

Please sign your name below to confirm your booking

Please write your name in block capitals below

Please scan this form and attach it to an email to:

[carolinewhyman@mac.com](mailto:carolinewhyman@mac.com)

or telephone Caroline on 07958 908 450 to get an address to post this form to,

Bank Payment details for internet banking are also available from Caroline on request.