

Booking Form for Yoga Retreat St Non's 24th - 28th July 2019

Name:

Address:

Telephone:

Email:

All meals are vegetarian, please specify any other dietary requirements:

Please return this form along with a deposit of £100 made payable to Bridget Whitehead and send to: Froghall House, Spittal, Pembrokeshire. SA62 5RF or BACS to B Whitehead, NatWest account number 48471208, sort code 60-60-40 please give your name as a reference and send an email, with your details to let me know you have done this, email: bridgethappy@hotmail.com

The total investment for this five day retreat, with Jenny Beeken one of the UK's finest intuitive yoga teachers is £505 if you are a member of the Inner Yoga Trust and £560 if you are not a member.

St Non's is in a stunning location nestled on the cliff tops overlooking St Brides Bay, Pembrokeshire. It is a wonderful place to visit, to rest and renew. The Yoga will start on Wednesday at 5pm and will finish on Sunday after lunch. There are some single rooms available, and some twin rooms. These will be allocated as people book.

If you would like further information then please contact Bridget on 01437 731523 or email her at the above address.

Booking Form for Yoga Retreat St Non's 24th - 28th July 2019

Name:

Address:

Telephone:

Email:

All meals are vegetarian, please specify any other dietary requirements:

Please return this form along with a deposit of £100 made payable to Bridget Whitehead and send to: Froghall House, Spittal, Pembrokeshire. SA62 5RF or BACS to B Whitehead, NatWest account number 48471208, sort code 60-60-40 please give your name as a reference and send an email, with your details to let me know you have done this, email: bridgethappy@hotmail.com

The total investment for this five day retreat, with Jenny Beeken one of the UK's finest intuitive yoga teachers is £505 if you are a member of the Inner Yoga Trust and £560 if you are not a member.

St Non's is in a stunning location nestled on the cliff tops overlooking St Brides Bay, Pembrokeshire. It is a wonderful place to visit, to rest and renew. The Yoga will start on Wednesday at 5pm and will finish on Sunday after lunch. There are some single rooms available, and some twin rooms. These will be allocated as people book.

If you would like further information then please contact Bridget on 01437 731523 or email her at the above address.

YOGA RETREAT

WITH

JENNY BEEKEN



24th - 28th July 2019

St Non's Retreat Centre

St Davids, Pembrokeshire

SA62 6BN

YOGA RETREAT

WITH

JENNY BEEKEN



24th- 28th July 2019

St Non's Retreat Centre

St Davids, Pembrokeshire

SA62 6BN