

**2020 SPRING WEEKEND YOGA RETREAT w/cat & phil (plus sausage dogs☺)**  
**OXON HOATH Country Estate – Hadlow near Tonbridge, Kent, UK**  
Oxonhoath Rd, Tonbridge TN11 9SS

**Friday, 15th– Sunday, 17th May 2020**

**Cost: £420 tuition (EARLY BIRD/fully paid – 15 DECEMBER 2019)**

£470 after that date, space permitting.

Deposit: £200 to hold a space

**Balance due: 15 MARCH 2020 (two months prior) – NO REFUNDS AFTER THIS DATE**

**single room fee - £50**

**special diets - £10 (due to menu planning)**

Payment methods: cash/cheque/bank transfer

Cheques made out to: Catherine Alip-Douglas

Bank transfer to: TSB – Bayswater Branch, 30-32 Westbourne Grove

sort code: 309059, account number: 14231860, Swift/BIC code:

**IBAN:GB49TSBS30905914231860 BIC: TSBSGB2AXXX**

**The Retreat:** 2 nights/3 days includes all meals (**AMAZING** vegan culinary food) and shared accommodation (twin beds or double/also a possibility for 3-4 friends to share a large room – same price), daily yoga sessions (2.5hours), informal gatherings in an environment conducive to a proper 'retreat' in the heart of nature only 45-60mins away by train from London. Lastly, great company including the notorious Biggie Smalls & Oscar Wilde the dachshunds!

**The Accommodation:** Most bedrooms are twin but there are also several singles, doubles or a combination. Most rooms retain the original mansion proportions and have ensuite facilities. Those without have a bathroom close by. All rooms are centrally heated, simple but modern and very comfortable. A small fridge is available in the kitchen if you wish to bring anything for dietary/snacking/sharing purposes☺

Check in – 3pm on Friday 15 May

Check out – 3pm on Sunday 17 May

PLEASE BRING YOUR OWN BATH TOWELS & **YOGA PROPS.**

YOGA MATS ARE AVAILABLE TO BORROW. WE SUGGEST BRINGING YOUR OWN.

NOT INCLUDED: TOWELS, travel to Tonbridge (Victoria Station, Charing Cross, London Bridge, Gatwick, etc), taxi to house, travel insurance.

Built in 1372 as a Stately Home and opened in 1999 as a Retreat and Conference Centre. Oxon Hoath is...*"A treasure trove of history and nature, the 73 acre estate offers an outstandingly beautiful environment, combined with a professional team and facilities tailored to meet your needs."* For more information:

<http://oxonhoath.co.uk/>

**The Journey:** To Tonbridge from Victoria (limited), London Bridge, Charing Cross, East Croydon or Gatwick. There is a good taxi rank at Tonbridge station. Oxon Hoath is about 5 miles/10mins and the fare should be £16 - £18.

Tonbridge Taxis: **01732 773300** Streamline: **01732 505050**

Driving directions here/parking available : <http://oxonhoath.co.uk/location-map/>

If you would like any further information, please call **01732 811071** or email [admin@oxonhoath.co.uk](mailto:admin@oxonhoath.co.uk).

To stay up to date on announcements and organize travel/shares, etc. Please see the fb retreat/event page that has been created:

**The Booking Form: (please print)**

Name:.....

Address: .....

Mobile Phone: .....E-Mail: .....

Roommate request/single-FEE/double or twin/triple available:.....

Amount/method of payment enclosed:.....

Emergency Contact:.....Phone:.....

**The Reservation:** How to book in? Complete this form and return it with deposit/full payment. Reservations will be based on a first come first served policy. Questions? [cat@catalipdouglas.com](mailto:cat@catalipdouglas.com)

**The Fine Print:** A deposit (£200) is required to book in, reserve a space. Full payment is required to confirm reservation **no later than 15th MARCH 2020 to confirm your booking if not taking advantage of very early bird price.** The deposit is not refundable after that date. **There is a 20% processing fee for canceling/requesting a refund at any point. This amount will be donated to a FRIENDS Animal Sanctuary in Kent, near Oxon Hoath.**

**Notes:** Guests to supply their own towels. Towels can be hired: £5.50 for hand & bath. Vacating bedrooms: guests are kindly requested to remove belongings from bedrooms by 1.00pm on Sunday. Lost bedroom keys incur a £57.00 charge.

Please bring a mat and any props that you may require for practice. A detailed itinerary will be available closer to the retreat, approximately 1 month before.

“I have read the above and understand the information pertaining to this retreat. I am aware that I must be covered by my own travel insurance appropriate to the activity in order to participate in this yoga retreat and do not hold Catherine Alip-Douglas & Phil Douglas responsible. Any cancellations or changes on my behalf must be made in writing to the attention of Catherine Alip-Douglas within a reasonable period of time. **Cancellations after 15th of MARCH 2020 will result in forfeiture of full payment.**”

**Signature (can be electronic).....Date.....**

