



The Happiness Retreat 2018

Date: Tuesday 18 September 4pm to Sunday 23 September 11am
Fees: £895 (residential) or £495 (non-residential)
Venue: [Hotel le 23](#), 23 Rue Principale, Sauternes, France.

How to book: Places are on a 'first come first served' basis so please book early. Complete the booking form, scan and send to both miriam@positivepsychologytraining.co.uk and jen@practicallypositive.com Any questions? Miriam is on 07973 742739, Jen on 07813 808342.

Name _____

Address _____

Email _____

Mobile phone no. _____

Main motivation for attending _____

How did you hear about the Happiness Retreat? _____

Any special dietary/mobility requirements? _____

Please tell us something more about you so we can get to know you better before the retreat e.g. occupation, age. 😊

I have read and agree to the Happiness Retreat Terms & Conditions

Signature _____

Date _____

*The Happiness Retreat requires a minimum number of participants.
We reserve the right to cancel or change dates to ensure group size.*

Terms and Conditions

- a. Residential participants will have accommodation in their own room with breakfast, lunch and dinner from Tuesday pm to Sunday am. Non-residential participants will get all of the happiness retreat elements and lunch during the workshop days.
- b. We can only accept bookings accompanied by payment. Payment can be made by PayPal or bank transfer (email miriam@positivepsychologytraining.co.uk).
- c. Submission of a booking form indicates the participant agrees to these terms and conditions. Once payment is received, we will endeavour to confirm bookings by email within 3 working days. This is dependent on the accuracy of information submitted in the booking form. Should no confirmation be received within this time it is the responsibility of the participant to contact us.
- d. A welcome email will be sent out prior to the Happiness Retreat and there will be an opportunity to chat to one of the facilitators before the workshop.
- e. **Rescheduling or Cancellation**
- f. Places on the Happiness Retreat are non-refundable. Please ensure that you have appropriate travel insurance to cover you in the event of your needing to cancel. If you are unable to take up a place, you are welcome to find a replacement.
- g. Where a retreat is under-subscribed, we reserve the right to cancel or postpone. In the rare event of this happening, or any other unforeseen circumstances (e.g. illness) participants will be informed as soon as possible and offered a refund.
- h. In the event of cancellation or postponement of a retreat, we cannot be held responsible for non-refundable costs incurred such as travel.
- i. **Responsibilities**
- j. All travel arrangements are the responsibility of participants. Two airport transfers will be available on Tues 18th September from Bordeaux airport (35 mins to hotel) and back on the Sunday after breakfast for residential participants. Please let us know your travel arrangements.
- k. Participants bringing along valuables and personal property do so at their own risk and are responsible for their safety. We cannot be held liable for loss or damage to personal items.
- l. The processes we use in the Happiness Retreat are based on positive psychology and coaching. It is not intended as a substitute for clinical therapy though may complement it. If you have a current clinical diagnosis please discuss with one of our retreat leaders before booking.
- m. Participants are expected to treat others with respect and maintain their confidentiality. We reserve the right to request a participant to leave if they disrupt the experience of others.

We look forward to welcoming you to Sauternes. 😊