***Heart & Soul Movement***

***Moving you to where you want to be.***

Explore your thoughts, feelings and your body in ways you never have before! MAKE THAT CHANGE!

***Happy Healthy Heart & Soul Retreat: Heart & Soul Movement***

.

**What to bring:**

Bottle of water

Journal

Clothes, toiletries and other items

Light blanket or cover for your body

Towel or sarong for body work & meditations

**Where to go:** Govinda Valley Retreat Centre, Otford

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Dates for Retreat

Paypal on the website, direct deposit or cash. Please contact Renee if paying by direct deposit or cash.

Payment plans are accepted. $50 deposit is required.

All food and accommodation is provided for this price.

Early bird discount for retreat: $400 Regular rate $600

**Friday 15 September – Sunday 17 September 2017**

**Please arrive promptly by 9:30am on Friday 1 September, so that we can start by 10am. We will finish all workshops by 4pm on Sunday.**

**Please indicate how you will be paying**:

🖵 Cheque/Money Order 🖵 Direct Deposit 🖵 Cash 🖵 Paypal 🖵 Credit Card

**Your details**

Name: (please print) Age:

Address: Postcode:

Telephone: (H) (W) (M)

Email:

Occupation:

🖵 This is a surprise gift; please send as a gift certificate (include recipients address and details)

How did you find out about *the Restore retreat (by Heart & Soul Movement / Expression)?*

While all care is taken during the sessions by the retreat leader, some variables are unknown and are part of the unfolding experience.

🖵 I acknowledge there may be times I feel uncomfortable with certain aspects of the talks or body work and I have the choice to sit the session out. (please tick)

🖵 I understand there will be some gentle exercise during the classes/workshop(s) and I take full responsibility for my physical health. I have asked permission from my health professional(s) if this workshop is suitable. (please tick)

🖵 I understand there may be some emotional release during the workshop and I take full responsibility for attending to my personal needs. Renee at the workshop will be able to give guidance. However I may prefer to ask my health professional if this workshop would be suitable. (please tick)

**Cancellation policy**: Cancellations greater than 2 weeks notice will incur a $50.00 administration fee. If cancellation is less than 2 weeks prior to retreat commencement, a refund will not be given. You may transfer your place to another person.

**Please return to: Renee McDonald PO Box 3085 Austinmer NSW 2515 t: 0411 312 750**

**Website: www.heartandsoulmovement.com Email: heartandsoulmovement@gmail.com**