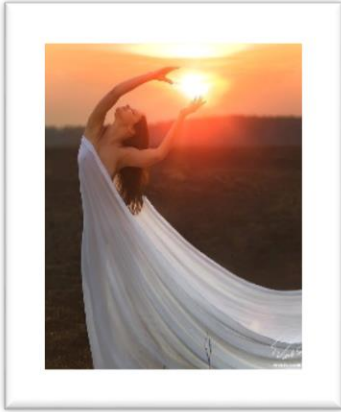


Sound Healing Lotus Academy UK

Well-being Retreat

2nd to 4th October 2020



RETREAT APPLICATION FORM

Retreat Name: - Sound Meditation Retreat Weekend

Dates: - Friday 2nd October 2020 – Sunday 4th October 2020

DIVERSITY AND INCLUSIONS

- The following information is strictly for the confidential use of those wishing to attend the retreat and no information will be shared of your personal information as per GDPR or only on consent with you and should you wish for this.
- Please answer all questions fully to enable Sound Healing Lotus Academy UK, of a more understanding of you and your attendance to the retreat.
- Disclosure of any physical/psychological history will not necessarily prevent you from undertaking the retreat but this just helps Sound Healing Lotus Academy UK if it prevents any activities that may be provided by them.
- Please note this form and any other forms provided, will be destroyed at the end of your retreat on completion.
- We aim to provide a safe and welcoming environment for all retreatants, regardless of age, sex, gender, gender identity and expression, sexual orientation, (dis)ability, physical appearance, race, ethnicity, nationality, religious beliefs, and to try to accommodate where applicable and any dietary requirements.



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About the Retreat

The Well-being retreat has been organised by Sound Healing Lotus Academy UK, and they wish is to give as many people as possible the opportunity to have enlightenment, inspiration and well-being for the health overall and over the course of the weekend, with the various workshops, talks, meditations. It will include Sound Healing in the pool to gain optimum benefits, Jacuzzi if you are unable to go into the pool, or in the Yoga Centre provided. Yoga and all mentioned on the itinerary will be included and offered as part of the package.

Please note the itinerary can and maybe change due to circumstances beyond Sound Healing Lotus Academy UK in any event needed.

However, please note, some services will be payable to the person providing treatments such as massage, Reiki, Tarot/Psychic Readings, Psychic Surgery or one to one Sound Healing, at an extra cost and these will be payable to those service providers offering those opportunities.

Whilst they encourage retreatants to value this exciting opportunity given, and by doing so, it is subject to health/disability requirements. If Sound Healing Lotus Academy UK can accommodate they will make every endeavour to. They ask that everyone to commit to participating as fully as possible in the schedule and the Itinerary of the retreat and to stay for the whole duration of the weekend.

About Respect

Coming to the retreat can be an invaluable boost for your self-esteem, self-confidence and practice. It maybe you're only just beginning with meditation or have been practising for decades. Everything will be set up specifically to help you feel supported and to have the calmness of the mind necessary for any meditative insight. One that they, find particularly helpful to offer retreatants is an opportunity for shared silence during any meditation sessions offered.

You will agree as a retreatant to turn off your mobile phones or put them on silent mode or any other gadgets during workshops, meditation groups or during a Sound Meditation sessions.

You agree to respect all other parties present in the group without judgemental remarks, defamation and anyone heard will be asked to leave the retreat immediately. Everyone is equal, no matter what their experiences or levels they have attained on their journey in life. No one is better than another, we are all evolving at our own pace for our own soul growth.

Why do we do this?

Sound Healing Lotus Academy UK, provide the opportunity to develop a new relationship with yourself and the world around you, rather than simply being a gap to be filled. Free from the usual distractions that stimulate the mind that we have currently in society. You will begin to experience an altogether different and sublime dimension to life, one that was or had been hiding there all along. Silence during any meditation



starts to reveal its irresistible and profound beauty, so that we allow the possibility of our innate wisdom to show itself.

During the weekend there will be talks by some guest speakers, meditation, Sound Healing Meditations, workshops and other opportunities to meet new likeminded people in the group who are attending. If there are any problems that you may incur or arise during the weekend, please make it known to a member of the Team of Sound Healing Lotus Academy UK, onsite, rather than stress about it afterwards, which will adverse your experience or when you go home. Outside of the retreat, this will be too late, and so that they can deal with anything that may come to light immediately. This may be either a third party whom you have had a words with.

Mind, Body and soul energy flow shifts can occur during the weekend, because of the treatments offered and received or you are not be feeling well in general please do let Sound Healing Lotus Academy UK know should this occur at any given time.

Stuart and Debbie are the coordinators during and throughout of the weekend, and will always be present at any time during the day or night, they can be communicated should it be necessary.

Please state you have read and understood the above (please sign)

Signature:-



General Details Required

Name:

Year of Birth: -

Gender*:

If your gender identity is non-binary please let us know how you identify yourself and which pronoun(s) you use

Address:

Phone Number: -

Email address:

Emergency contact (please give name and telephone number):

Are you attending the retreat with a friend or family member? If yes, please give their name.

(PLEASE NOTE: each person needs to submit their own application.)



Accommodation

The accommodation comprises of twin rooms *with the option of Double rooms for couples*. This means, you will be expected to share with another in the group with a shared bathroom. Sadly, we are unable to offer single accommodation, so that others will not miss out on this wonderful opportunity.

Please state your preference(s) below: -

.....
.....
.....

Please be aware, should your needs are not met by your preferences. We would be grateful if you could supply any further relevant information, to Sound Healing Lotus Academy UK, will be in touch to discuss possibilities.

- ***Please also note, whilst our aim is to fill the accommodation for other likeminded people to have the benefit and options to attend. Single rooms are rarely available in most retreats offered.***
- ***Please respect at all times the room and bathroom given to you, as you will be expected to have cleared all belongings on day of departure, we therefore ask that you keep this respectful and clean at all times.***

Extra information: -

Sound healing Lotus Academy UK, will endeavour to create a safe space for all their retreatants, but they would like you to acknowledge that there may be mixed guests attending, no matter what their religion, dogma, creed, colour, or ethnicity. Whilst Male guests may attend, or couples, we will try to accommodate to the best of our ability.

Need and Limitations

Are there any needs or limitations Sound Healing Lotus Academy UK need to be aware of?

YES

NO

Please delete as applicable and please state below if any limitations: -



Do you have any limitations which may affect your ability to carry out any workshops during the period, whilst at the retreat?

 YES NO

Please delete as applicable, and state if any limitations: -

Do you have any special needs that we should be made aware of, for example, allergies or medical conditions that maybe you are aware or unaware of?

 YES NO

Please delete as applicable, and state any special needs.

Please note: -Whilst Sound Healing Lotus Academy UK, endeavour to cater for everyone, the weekend retreat will be offering a mainly vegetarian diet as standard. Whilst we try to provide for all, we can provide for vegans if need be, but please let Sound Healing Lotus Academy UK, aware of your preferences and maybe food choices.

Please state any preferences: -



Breakfast will consist of a light breakfast, of Cereal, Toast, Jam, Croissants and **NO** cooked breakfast will be provided during the course of the weekend.

Fruit will be available throughout the weekend, including some cake, biscuits and Raw Chocolate for snacks.

Please note: - Should you require anything other than besides named above, then we ask you to supply this yourself!

Please state below for preferences: -

Please state if you have any medical dietary requirements (which we will try to accommodate). If you are gluten-free, dairy free, please state whether you can eat oats or any other cereals that will be provided.

 YES

 NO

Please delete as applicable and please state below of information required.

A little about your practice and retreat experiences

Have you attended a Retreat before?

 YES

 NO

Please delete as applicable and please state below of information required.



Please state below, at what level you have practised meditation. (If the list is extensive, please state this with a summary and list only your most recent retreats.)

Please indicate any other meditation experience or spiritual traditions you have been involved with:

Questions about your physical and psychological history

Please note this is for the sole purpose and use ONLY for Sound Healing Lotus Academy UK to get to know you and will be kept confidential at all times.

- **Are there any extra support needed during your time at the retreat?**

YES

NO

This helps Sound Healing Lotus Academy UK, to be aware of your needs and requirements, this information will be kept confidential and no other participant at the retreat will know about any information given or stated below by you.

1. ***Do you have any history of any physical illnesses or any disabilities, which may significantly affect you sitting, standing, swimming or walking practice?***

Please state below of information required.



- 2. Have you experienced - or have been diagnosed with - any significant mental health disorders e.g. depression, eating disorders, anxiety, drug/alcohol abuse in the last three years?**

Please state below of information required.

- 3. Are you taking any medications for any physical or psychological conditions?**

Please state below of information required.

- 4. Are you involved with any Services such as mental health Services and have a Community Psychiatric Nurse, Psychiatrist or Support Worker?**

Please state below of information required.

- 5. Describe any present circumstances which may be currently place you under additional stress or may significantly affect your meditation practice (e.g. bereavement, redundancy, relationship breakdown etc):**

Please state below of information required.

Any other additional information you wish for Sound Healing Lotus Academy UK to know?

Is there any additional information you would like to convey to the organisers of Sound Healing Lotus Academy?

Please state below of information required.

How would you like us to communicate with you about this application, by post, Or Email?

Please state below of information required.

How did you hear about Sound Healing Lotus Academy UK Retreat?

Please state below of information required.

Please describe what you wish to gain from the Retreat overall?

Please state below of information required.



Sound Healing Lotus Academy UK, occasionally send out Newsletters and emails with new events or other interesting information that may be useful to you now and in the future. Would you like us to add your address to the mailing list?

 YES NO

Please state below your preferences.

Please state that you agree to take full responsibility for yourself during the retreat and that you understand there will be other retreatants attending.

Please sign to state that you have read and agreed with Terms as requested.

(please sign)

Signed:

Date:

Please send and sign to the Address given in Terms & Conditions Document OR via one of their events they are undertaking.

Please state for any other information that you may feel is required or useful, as part of your application to Sound Healing Lotus Academy UK?

