

**Sand & Sound Mini Retreats with Masha Bennett 2021**

**BOOKING FORM**

*Please read the information sheet on the Mini Retreats before completing this form*

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| The dates of the mini-retreat you wish to book on:June 25-28th | Alternative dates in case your 1st choice is not available: |
| Full name: Susan Coleman | Email: susicoleman@gmail.com |
| Address including postcode:10 Nordic DriftWalsgraveCoventryCV2 2DE | Phone:0795057457102476 604531 |
| Emergency contact details (who do you want to be contacted if you were taken ill during the event?)Name: Sean Coleman  Phone: 07757057158Relationship to you: Husband |
| Do you have any previous experience of Sandplay and / or Sound Therapy? *(this is not required for participation in the mini-retreat, but useful for the facilitator to be aware of)**I do yes* |
| Why would you like to book onto the Sand & Sound Mini Retreat? Please describe your reasons brieflyI had a motor accident recently and 4 family deaths and would like time to work through some of the feelings |
| Do you have any special requirements / support needs, that the facilitator will need to be aware of, to enable your full participation?No, as long s there is a loo accessible 😊 |
| COVID-19The facilitator will follow all the appropriate government guidelines to ensure the safety of all the participants as well as her own. This may mean that the retreat arrangements need to be changed in some way, and some of the events may have to be cancelled at short notice - so please bear this in mind when making travel/accommodation arrangements.The facilitator will ensure that:\* The group room and equipment is clean/sanitised as well/as frequently as practicable. \* Each participant will have their own dedicated sandtray with clean sand for the duration of the workshop.\* The room is ventilated with the window and door open before the workshop and during breaks (please note that there is only one smallish window in the room so ventilation may be somewhat limited).\* Seating arrangements will allow adequate social distancing between participants.\* Hand-washing facilities/sanitising gel and disinfectant wipes will be available.You will be asked to take responsibility for your own safety and that of other participants in the following ways:* Informing the facilitator of any COVID-like symptoms you or any of the members of your household have experienced in the week before the course.
* Informing the facilitator if you have been in close contact with anyone diagnosed with COVID or with COVID-like symptoms within two weeks before the start of the course.
* Washing your hands/using the sanitising gel frequently during the course.
* Using only one sandtray which will be allocated to you for the duration of the retreat.
* Bringing your own bottle of water and (optional) flask/mug for hot drinks (which will be provided).
* Bringing your own blanket/pillow/mat etc to use for lying down for the sound meditations
* Carrying out any other reasonable requests by the facilitator pertaining to health & safety.
* You are welcome to wear a face mask/covering if you wish, but it will not be compulsory (unless government guidelines require it at the time).
* The Sand & Sound Centre is a shoe-free space so you will need to bring slippers or warm socks (we have some slippers available to borrow but you may prefer to bring your own).

If you are in the vulnerable group/have pre-existing conditions and are not sure whether it is safe for you to attend, please consult with the tutor before booking.***Please type YES below to indicate that you have read and understood the above, and that you are willing to take responsibility for your physical wellbeing and safety, and will be considerate of others’ wellbeing and safety***YES, and I have had both jabs 😊 |
| Please note that these retreats are fully experiential, and whilst both Sandplay and Sound Therapy are a safe and gentle ways of working, they are also potentially very powerful. If you are currently suffering with mental health issues, feeling emotionally vulnerable, or are going through a personal crisis, it is important to be aware that attendance on these retreats may connect you to intense feelings, and whilst the facilitator and the group will offer support to the best of their ability during the weekend, you need to be able to manage your emotional state, be prepared to reach out for external support, and stay safe after the retreat. ***Please type YES below to indicate that you have read and understood the above YES*** |
| Before booking, please make sure that you have familiarised yourself with the retreat timings and that you are willing to make appropriate travel and accommodation arrangements to ensure that you can arrive on time and to keep up with the retreat timetable.***Please type YES below to confirm that you have read and understood the above***YES |
| Any additional informaiton you wish to share |
| To sign this form, please type your name and date below:SM Coleman 22nd April 2021 |

**Payments, refunds and cancellations**

Payment is accepted by BACS - payment details will be emailed to you if a place on the retreat is offered to you. If for any reason you need to pay via a different method, please say so in the “Any additional information” section above.

Due to the likely ongoing quarantine restrictions and possible changes in the official guidelines, *only deposits will be accepted in the first instance* (not the full fee), in case it is necessary to postpone/cancel the mini-retreat.

In view of current exceptional circumstances, cancellations will be accepted and full refund given up to 7 days before the start of the retreat. Thereafter, the refund can be given only if another student takes your place - otherwise, your deposit will be transferred towards a future event.

IMPORTANT: Please note that your place will not be confirmed until your application has been accepted and the deposit is received.

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**Please return the completed form by to** masha@practicalhappiness.co.uk

**For enquiries about the Sand & Sound Mini Retreats, text Masha on 07887 617558 to arrange a time to talk, or contact her by email as above.**