**2023**

**Space to Be Booking Form**

To make a booking please complete this form and return to Trigonos, Plas Baladeulyn, Nantlle, Gwynedd, LL54 6BW or email it to info@trigonos.org.

**Retreat Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name/s**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Telephone** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please select the type of accommodation you would like below by circling the appropriate option.

Prices are per person per course/retreat. For partners or friends who will not be participating, a £25 reduction to the prices below will be applied.

£395 Single ensuite £355 Single non-ensuite

£355 Twin/Double ensuite £300 Twin/Double non-ensuite

£175 Non-residential (includes lunch and dinner)

**Non-participating partner or friend** Yes No

**Dietary Requirements**

If you have dietary requirements, please complete the table below.

A foodallergy is when the immune system reacts to specific foods. Allergies can be very serious and even life threatening.

A foodintolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food.

|  |  |
| --- | --- |
| **Allergies***Example: Gluten (Coeliac), Nuts* |  |
| **Intolerances***Example: Gluten, Dairy* |  |
| **Diets***Example: Vegan, Medical* |  |

We take great care in ensuring that allergens are not used as an ingredient where their exclusion is required. However, **we cannot guarantee** that our food does not contain trace elements of allergens as we do not have a separate kitchen for preparing allergen free dishes.

**Payment**

One we have received your booking form we will send you confirmation email with an invoice for a £100 deposit. You can pay this in person with cash, over the phone with card or online via bank transfer. The final balance will be due 1 month before arrival.

**Terms and Conditions**

* Your place cannot be confirmed or held without the non-refundable deposit being paid.
* Cancellations up to 30 days before the start date of the retreat, the deposit will be retrained
* Cancellations within 30 days of the retreat, the full amount becomes payable.

We advise you to get insurance to cover against any costs incurred should you have to cancel.