

*Half Day Nurturing
Nature Retreat
Sunday 14th July at Fragaria Farm*
Bielby, Pocklington

Retreat to Nature. Restore your Wellbeing & Transform your Energy

Nature Sound Bath with Cacao Ceremony, Astrology & Shamanic Journey by Irene
Create your own cleansing Smudge Stick with Forever Foraging, Nicola

Spaces are limited. To secure your place full payment of £45 is required. Non-Refundable.
Welcome at 9:30am, Nature Sound Bath commences at 10am, Retreat closes at 1pm. Postcode: YO42 4JL
Light lunch available for £5 pp. Please book in advance. Free Car Parking. Please bring a yoga mat & blanket.

Contact KarmaDonna Retreats: 07720 760 593 or Irene@yorkreikiplus.com

KarmaDonna

WELCOME

Thank you so much for your interest in booking on this transformational event, where you can escape to nature and feel nurtured. We will start with a cacao ceremony with astrology once everyone is settled and introductions have taken place. After the healing sound bath and shamanic drum journey you will make your own smudge stick to take home to clear your space of choice.

EVENT LOCATION

Fragaria Farm
Bielby
Pocklington
York YO42 4JL

Note for finding the farm: It is a strawberry farm with polytunnel's which you can see on the right as you enter the village from the A1079 near Pocklington. The farm has a farm shop at the entrance.

Contact Mobiles: 07720 760593 (Caroline) or 07941 697047 (Irene). E-mail: Irene@yorkreikiplus.com

CAR PARKING

There is free car parking at the front of the Farm. For those requiring assistance with access, please inform organisers so arrangements can be made.

BOOKINGS

To secure your place full payment of £45 must be made to:

Mrs I Forsyth Sort Code: 30-99-99 Account Number: 01248308. Please state your name as reference. We will confirm payment once received.

If you would like to stay for a light lunch, please pre-book and pay an additional £5 stating any special dietary requirements to the organisers.

We cannot be held responsible for any issues arising related to internet payment transfers.

FACILITIES

There is a unisex toilet available at the venue.

Refreshments will be provided during the break.

Nurturing Nature Retreat Cont...

WHAT TO BRING

Please bring water and a snack. You will need a yoga mat and blanket. Pillow and eye masks are also useful for comfort. Please wear clothing that is suitable for the weather. A pair of wellington boots may be needed. You will be provided with a pen and paper to write down your experience.

WEATHER

As the event is in nature, please dress in suitable clothing and wear appropriate footwear for the environment. The event will continue in the rain as we have marquees that will shelter guests. However, should the weather become adverse then the event may be postponed or cancelled with little or no notice. In this case then you can request a refund or secure your place at the next event.

WAIVER FORM

The healing sound bath activity requires a waiver form to be completed prior to attendance. Please see attached and return to irene@yorkreikiplus.com

RISK ASSESSMENT & INSURANCE

Organisers have produced a safety risk assessment for the event and put controls in place to mitigate any planned, foreseen risks. However, liability cannot be taken for personal injuries, illness or losses sustained whilst attending an event or activity, or thereafter. The organisers cannot accept liability for events or circumstances beyond the company's control, whether 'Acts of God' or hazards/dangers that are unforeseen.

The venue has public liability insurance.

PERSONAL ITEMS

Organisers cannot accept liability for items lost or stolen, so please secure items in your possession.

SOUND QUALITY

The event involves a sound bath using Tibetan bowls, Gong, Percussion, Shamanic drum and crystal bowls. As the event is in nature the sound will transmit depending on the weather conditions. A microphone and amplifier will be used to enhance the sound however, organisers cannot be held responsible if the weather condition impacts the sound quality.

BEHAVIOUR OF GUESTS

The aim of this event is for guests to relax and feel in peace with nature. Organisers will not tolerate any guests who are excessively distracting, abusive, offensive or behave in a violent manner. Organisers reserve the right to remove guests who behave in this manner.

USE OF CAMERAS

Organisers gladly permits the use of non-professional cameras, video cameras and other recording equipment on the understanding that any photographs or footage is strictly for personal use only.

Permission must be sought before any event footage or photography is published online or elsewhere in the Public Domain, and the use of such content for commercial gain is strictly prohibited.

ANY MORE QUESTIONS?

Please just as the organisers. We look forward to meeting you.

With Love & Gratitude

Namaste

Caroline, Irene and Nicola

XXX

