



ENROLMENT FORM

YOGA RETREAT

Organised by Sikh Nari Manch UK

At

**Bilberry Hill Centre
(Surrounded by Lickey Hills)**

Rose Hill, Rednal, West Midlands, B45 8RT

Saturday 3rd July – Sunday 4th July 2010

Please enter your details below.

Name:

Male Female

Date of Birth

Address
Post Code

Tel: Home
Mobile
Email

Ethnic origin

General information:

- If you require accommodation you please bring your own bed linen, (including a pillow, bed sheet and a duvet) or bed lining can be provided for a fee of £5.00. **If bed lining is required it must be booked in advance**
- Please notify us in advance if you have any allergies or medical conditions. If you do have any medical or physical conditions consult with your doctor to see if it is safe for you to do yoga
- Yoga mats will be provided, but if you have your own, please bring your own mat.
- Breakfast, lunch and dinner will be provided, if you require snacks in-between please feel free to bring your own snacks with you.

COST Please tick the appropriate box.

- Saturday and Sunday with accommodation and bed lining £40
- Saturday and Sunday with accommodation £35
- Saturday and Sunday without accommodation £30
- Saturday only (Inc meals) £15
- Sunday only (Inc meals) £15

Your Signature..... Date.....

**If paying by cheque please make it payable to Sikh Nari Manch and you may post it to Northside
Welcome Centre, 176 Streetly Road, Erdington, Birmingham, B23 7AL
For more details call Satpal 0121 377 6136 or 07963 123 751**

