

## Findhorn Foundation Printable Booking Form

Please read the [Booking Information](#) and [Terms and Conditions](#) pages on our website carefully before completing this form.

Our programmes require a minimum age of 18 years for participation unless otherwise stated in the programme description.

Print out this form, complete it and mail it to:

Bookings, Findhorn Foundation, The Park, Findhorn, Forres IV36 3TZ, Scotland, UK

Phone: +44 (0)1309 691653

Please print clearly in black ink using BLOCK CAPITALS.

### Programme booked

Programme title

Start Date



Programme title (if booking a follow-on or second programme)

Start Date



### Personal Details

First Name(s)

Last Name



Nationality

Gender (tick option)

 Female

 Male

 Other

Date of Birth

Day

Month

Year

### Address

Postal Address, Street, House No / Name

Town

State / County

ZIP / Postcode




Country

Phone

Email

e.g. +44 (0)1309 690311

## Accommodation

Most accommodation is in shared rooms, with bed linen and towels provided.

If booking as an individual, a single room may be available, but cannot be guaranteed. You will be charged on arrival for the additional expense (£20 per night) if a room is available.

If booking together with a partner (partner will need to submit a separate booking form) please list their name below and whether you'd prefer a double bed or twin beds. We have a limited number of rooms with double beds and will do our best to accommodate your request.

I would prefer a single room if available

 Yes No Double bed Twin beds

## Support Fund

Please read the information concerning Pay Agreements and our Financial Support Fund on the Booking Information page on our website.

### Financial Support Fund

If you choose to make a contribution to the Financial Support Fund to allow those with less money to attend our workshops, it will be taken from your credit/debit card together with the payment for the programme.

### Bursaries

The Foundation has limited funds to support those in need. If you request a bursary we will send you a form to be completed and returned to us. Your booking will not be processed and no payment will be taken until the bursary has been finalised.

I would like to contribute to the Financial Support Fund

I would like to apply for a bursary (tick box if yes)

 Yes

## Payment method

If paying by cheque - please enclose it with your Booking Form. If you are sending your form by Fax, then please post your cheque to us (address on page 1) clearly indicating your name, programme title and start date of that programme.

If paying by credit/debit card, please complete the required information below. We accept most credit or debit cards but not American Express.

It is also possible to pay using a Bank Transfer - please contact the Bookings office for bank details if you wish to use this method of payment.

**Please remember we require a £95 non-refundable deposit and that payment in full is required four weeks before the start date of your programme.**

Type of card (Visa, Mastercard etc.):

Card Number (16 digit number on front of card):

Cardholder's name (exactly as on card):

Valid from:

Expiry Date:

Security Code (last 3 digits on back of card):

**Total I wish to pay now:**

## Extra Information Needed

### Introductory letter

If the programme page requests an introductory letter please write to us telling us about yourself, your spiritual background and why you want to visit. This introductory letter is your first step into the spirit of the week and helps the programme facilitators get to know you and to prepare the programme. Most people write between one and two pages (500-1000 words). Here are a few guidelines to help you when writing your letter:

- Please don't make it a CV or a literary exercise! Mistakes in language do not matter, it is more important that you write a letter from the heart.
- Include your age and, in your own words, an outline of your present life (this could cover your present circumstances, your life choices, those people who are important to you, what inspires you, your joys and challenges, and so on).
- Describe your reasons for wanting to participate in this programme.
- If you have - or have had - any emotional or health difficulties, we would like to know if and how these are affecting your life now.
- Finally, please write or type the letter yourself. We will treat it as confidential (and suggest you do the same, if this helps you when you are writing and posting it).
- Please enclose your letter with your payment and booking form.

## Medical / Safety

### Please read and acknowledge the points below before sending in your completed form

I have read the [Booking Information](#), [travel information](#), [Guest Privacy Policy](#) and [Terms and Conditions](#) and understand that:

1. The Findhorn Foundation is situated at two sites five miles apart: The Park, near Findhorn village and Cluny Hill, in Forres. On confirmation of my booking, I will be told at which site my programme will be and where to go for my registration at the beginning of the programme.
2. Accommodation is simple and generally shared (this is part of the community experience) with bed linen and towels provided. I can request a single room if I choose to pay a supplement, but this room cannot usually be guaranteed in advance.
3. Our kitchens provide primarily vegetarian food. Vegan, wheat free, sugar free, as well as gluten and dairy free alternatives can be requested. If you require a diet that is more specialised, we cannot guarantee to fulfil your needs. We cannot cater for people with serious food allergies or multiple food intolerances.
4. My £95 deposit is non-refundable. The balance of my payment must be received four weeks before the starting date of my programme. If I cancel after this date, I will receive a refund of 50% of what I have already paid, but none of my deposit will be returned. If I cancel within one week of the start of the programme, there is no refund.
5. I am responsible for my own travel arrangements and for taking out travel insurance in case circumstances change. (Please see paragraph 7. Cancellations under Terms and Conditions.)
6. I understand that the Findhorn Foundation is not a healing or therapy centre and that I am responsible for maintaining my own well-being. I will inform my focalisers if I have any health issues and will ensure that I bring with me, and continue to take, an adequate supply of any prescription medicine. I understand that the highlands of Scotland are home to ticks and that I can find more information at the following website: [www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease](http://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease).
7. I will not take any illegal drugs and will not abuse legal drugs or alcohol.
8. I will not smoke in Foundation property except in designated areas.
9. I understand that all workshops have a Findhorn Foundation community member present either as focaliser or assistant.

Yes, I understand and acknowledge all the points above

Sign here