

# East Down

Book early for this year's autumn retreat at the magical venue of East Down, Dunsford, Nr Exeter. Dubbed 'The Breathing Space', East Down is a beautifully renovated thatched building set high overlooking the rolling hills of Dartmoor. As well as stunning views, there is a river and woodland close by for walks and contemplation.

[www.eastdown.org](http://www.eastdown.org)

Activities will include workshops, walks, singing, a cabaret, 5 rhythms dance, meditation sessions, yoga/exercise, co-counselling and whatever else we choose to co-create.

Accommodation consists of one large group room and a selection of one, two, three and four bed rooms. Day visitors and campers also welcome (day visitors - no overnight stay). East Down can cater for up to seventeen guests.

The early booking fee is: **£120** for day visitors / **£140** per person camping or sharing a three or four bed room/ **£150** for a twin double room/ **£160** for a single. Bursaries may be available - enquire if necessary. The price includes fully catered evening meals (either vegan, vegetarian, gluten and/or dairy free, meat or fish – please state dietary preferences, contact Alison, see below.)

To reserve a place email / snail mail [janehopetaylor@gmail.com](mailto:janehopetaylor@gmail.com) or text/phone **07933 257854**

Ms M J Taylor, The Pumping Station, 1 Mill Lane, Sutton Courtney, Abingdon, OXON OX14 4BE

£50 deposit payment to:

Bank details: Ms M J Taylor (Nationwide) / Cheques payable to: Ms M J Taylor

Sort Code: 07-01-16

Account number: 44809773 (please use your name as a reference)

Early booking reduction: Please set up the remaining £90, £100 or £110 (depending on your room size) to go out no later than 30th June. Post-June payments: add £10 to all prices.

Late cancellations: Partial refund might be available if funds allow

Dietary information to: [alisonkilla@gmail.com](mailto:alisonkilla@gmail.com) or **01258 453034** or **12 Ramsbury Close, Blandford, Dorset DT11 7UF**

**BOOK EARLY TO GET YOUR PREFERRED ACCOMMODATION AND THE LOWER PRICE**

Hope you can join us. Hugs, Jane, Alison and Paula

2018 Autumn 4 Night Co-Counselling Retreat



Friday, 26<sup>th</sup> October 2018 - 5pm

to

Tuesday, 30<sup>th</sup> October, 2018 - 5pm



FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

Evening: \_\_\_\_\_

Day: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**PLEASE PRINT CAREFULLY**

**GENDER (M/F/Prefer not to say)**

**I have/ have not attended a CCI workshop before**

**My Fundamentals teacher was:**

\_\_\_\_\_ Year of Class \_\_\_\_\_

**Room preferences e.g. sharing, needs, en-suite etc.**

\_\_\_\_\_

\_\_\_\_\_

**I have a special need for a particular type of room,**

**Details:**

\_\_\_\_\_

**Please state dietary needs - contact Alison**

\_\_\_\_\_

\_\_\_\_\_

**I enclose a deposit / full payment £**

\_\_\_\_\_

\_\_\_\_\_

