

**'In the Present Moment'
or
'Sing yourself whole'**

**23 - 25 January
@Holy Rood House
YO7 1HX**

**with
Mike Leigh
and Shaun Lambert**



Booking Form: "In the Present Moment" or "Sing yourself whole"

A weekend of mindfulness and song!

Come and join us for a fun and engaging weekend, where Shaun and Mike will combine mindfulness and spiritual practices with beautiful and simple songs.

Shaun is a highly experienced mindfulness practitioner and is the writer of a number of books on the subject and Mike brings years of experience in running workshops and groups that encourage people to sing that are both beautiful and life giving. Together they combine with a sense of joy and playfulness as they speak of the mindfulness of God and share songs which will open our hearts to connect us to ourselves, to God and to one another.

Please note - you do not need to read music or be a "singer" to take part in this weekend - we offer this weekend to anyone who would like to join in - all are welcome!

Please complete form or send the information in an email:

Name/s (both names if sharing a room)

Address

Telephone

Email

Please state which type of bedroom you would prefer;

the suggested donation is per person for the retreat:

£ 295pp (en-suite)

£ 285pp (shared bathroom or sharing a twin bedroom)

Please state any mobility issues and/or dietary requirements:

In case of medical emergency who should we call?

If you are travelling by train and would like a lift from the station, please let us know the time your train arrives. The station is a 30min walk from here and is accessed by steps.

We ask for a £80 non-returnable deposit to secure your booking.

If you pay by BACS please let us know in your email or tick here: ...

BACS details – HSBC plc: Sort Code: 40-28-16 A/C no. 41227572

Centre for Health and Personal Care. **Reference** Surname23Jan

Cheques payable to **Holy Rood House**

I am a UK Tax Payer (we can claim **Gift Aid** on your donation) **Y/ N**

Please send this information to: enquiries@holyroodhouse.org.uk

or post to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX

<https://www.holyroodhouse.org.uk/> Tel: 01845 522580