

Wellbeing Retreat for Low Energy

Friday 24th 2pm to Sunday 26th 2pm
April 2026

Refreshment, Restoring,
Revitalising

Booking Form: Wellbeing Retreat for Low Energy Friday 24th 2pm to Sunday 26th 2pm April 2026

Helen Warwick, a creative therapist and chaplain, will be offering wellbeing ways of exploring our energy and current journey in life. The retreat will include help for our energy in body, mind and spirit, with ideas, creativity and movement. There will be spaces for rest and relaxation. Revd Jeanette Peirson and the Holy Rood Community will be helping with the retreat.

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 (ensuite)
£285pp (shared bathroom or sharing a twin bedroom)
Please state any mobility issues and/or dietary requirements:

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 an **£80** non-returnable deposit to secure your booking, and the full amount to be paid by 24th March.

If you pay by bank transfer please let us know in your email or tick here:

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

Centre for Health and Pastoral Care. **Reference** Surname24April
Cheques payable to **Holy Rood House**

I am a UK Tax Payer (we can claim **Gift Aid** on your donation) **Y / N**
In case of a medical emergency who should we call?

Please send this information to: enquiries@holyroodhouse.org.uk
or post to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX

www.holyroodhouse.org.uk **Tel: 01845 522580**