

Day Retreat Registration Form

RELATIONSHIPS

Please tick or circle anything left unfinished; upsets, anger, regrets, dislike, hate, don't like, any feeling other than Love.

- **PARENTS**

(past, present, Inlaws)

- **FAMILY MEMBERS**

(you don't get on with now, make a list)

- **PARTNERS**

(past and present, any anger, upset, regrets, dislike.....)

- **INLAWS**

(anything left undo, is there harmony?)

- **WORK COLLEAGUES**

(any unresolved feelings left undo?)

- **NEIGHBORS**

(any friction with neighbors past or present not resolved?)

- **FRIENDS**

(any friends past or present with unresolved issues?)

If there is anybody not on this list that you feel has upset you and can't or don't love or can forgive, please add them to the list along with any feelings you still have for them.

And we will deal with them too.

Dealing with these feelings big or small makes a huge difference to our own life.



Day Retreat Sessions

- NAME:

- EMAIL:

Your Physical Health & Wellness:

Any allergies?

Preferred Modalities please tick your choice

- Deep Energy Bodywork (60 mins)

(deep massage for relaxing and healing)

- Reiki Infused Massage (60 mins)

(gentle massage allowing the healing powers of Reiki to heal)

- Indian Head Massage (30 mins)

(head, neck & shoilder massage for deep release & healing)

- Specialized Bodywork (30 mins)

(massage, sound, essentials, focus on target areas)

- Reiki Healing (30 or 60 mins)

(allow the pure energy and healing power of Reiki to heal mind & body)

