**YOGA IN PERPIGNAN**

**Southern France**

**16th – 23rd October 2021**

**with Alice Trow and Karen Lane**

|  |  |
| --- | --- |
| NAME |  |
|  |  |
| CONTACT |  |
| ADDRESS |  |
|  |  |
| PHONE |  |
| EMAIL |  |
| EMERGENCY CONTACT |  |
| Yoga and meditation  Level  Experience |  |
| INJURIES |  |
|  |  |
| Yoga or mobility Goals for 2021 |  |
| FOOD | Please state any requirements or allergies here |
|  |  |
| Accommodation  Preferred |  |
| Transfer from  Where? |  |
|  |  |
| Arrival time | Please indicate here if you want the Sat welcome dinner |
| Welcome Dinner Only |  |
| Other info |  |
| Deposit PAID |  |
| FINAL PAYMENT |  |