



Sexagenarian

Seasonal Living at The Well

Retreat Application

A gentle first step toward joining us

Our retreats are intimate, carefully held spaces, so I like to have a short conversation with each woman first to make sure the retreat feels like the right fit for us both.

If your application is accepted and we decide to go ahead, a £300 deposit secures your place, and the remaining balance can be paid in full or in smaller agreed payments.

1. YOUR DETAILS

Full name _____

Phone number _____

Email address _____

Town / Country _____

2. RETREAT INTEREST

Which retreat are you applying for? _____

Have you been on retreat before? Yes No

What is drawing you to this retreat? _____

3. A LITTLE MORE ABOUT YOU

What are you hoping to receive from the experience? _____

Is there anything you would like me to know about your health, mobility, dietary needs, emotional wellbeing or personal circumstances?

4. PAYMENT & CALL

How would you prefer to pay the remaining balance? In full Smaller payments

Best days / times for a short call _____

Anything else you would like to share? _____



What happens next

1. Complete and return this application.
2. I will read through it personally.
3. We will arrange a short call.
4. If it feels aligned, you will be invited to secure your place.
5. A £300 deposit confirms your booking.



Signature _____



Date _____