**cSTD@Findhorn(residential)**

**Booking form and information**

Dates for 2021

Core and Therapeutic modules in 7 days:  23 – 29 January 2021 (the course itself ends on Fri 29 Jan at 4pm).

CSTD 7 day course at Findhorn will be further strengthened by the setting the amazing  58-year-old Findhorn Foundation and Community, an international ecovillage and spiritual learning centre. This research and development centre for the future of the world is dedicated to living and demonstrating a regenerative future for at least seven generations. The environment of beach, bay, dunes, forest, meditation sanctuaries, eco-buildings, organic gardens, social enterprises and inspired people naturally supports the course. There will be a session to taste the ethos of the place and also to join in the living life of the Findhorn Foundation which the trainer believes is an essential part of the week.

Please have a look at [www.findhorn.org](http://www.findhorn.org) if you do not know much about the place.

7 day stay include accommodation, all the meals and access to the facilities on The Park, Findhorn

Price : £ 495 for shared room

: £ 575 to grantee a single room

: £ 640 to grantee an en suite single room

The price includes accommodation (shared rooms and shared bathroom facilities unless requested otherwise) from Saturday and all the meals (Saturday lunch- Fri lunch, Fri dinner on 29/Jan not included) which are mainly vegetarian. Single/en suite single supplement is available to guarantee it. Please note these are limited in numbers and first come first served basis. You would need to complete the bookings with a payment to do this.

Vegan, wheat free, gluten free, sugar free and alcohol free alternatives are available on request. Unfortunately, the Foundation cannot cater for any other dietary requirements, including those of people with celiac disease and with serious nut allergies. There is a shop on site which has wide range of organic or/Gluten free products. Wi-fi is available in many locations throughout The Park.

**The course is held at Findhorn Foundation**, The Park, Findhorn, IV36 3TZ (There are two sites that are 5 miles apart: Findhorn Foundation Cluny Hill in Forres, and The Park next to Findhorn Village. Please make sure to arrive at The Park)

**The timings for the 7 day course is:**  
**Saturday** you are welcome to arrive and register any time between 11am -12pm. The course would start promptly after lunch for at 2pm.  
**Friday** finishes 4:00pm

You have an option to stay extra night after the course on Friday at an extra cost. This includes dinner. Add an extra £58 per night in shared room/ £63 per night in single room/ £73 per night in en suite single room. If you need to arrive early, the here is the list of local B&Bs. https://findhorn.cc/services/bed-breakfast-list/

Evenings are mostly free. But please be aware of not bringing work with you as it is a full programme.

**Cancellation:**  
More than 4 weeks prior to course - refund of course fee minus £100.

Within 4 weeks of the course start date- 50% of your payment after deducting £100. Any banking charges would need to be deducted from it as well.

Less than 2 weeks prior to course - no refund, full amount payable.

**Booking information**

Name

Gender

Address

Email

Telephone/Mobile

Date of the course

Single /shared room

Extra stay(s)

Total Cost

Any disabilities/allergies

Your arrival and departure detail and times

**Travel info**

Please follow this link on how to get here: [https://www.findhorn.org/visit/how-to-get-here/](%20https://www.findhorn.org/visit/how-to-get-here/%20)  or　www.travelinescotland.com

**What to bring**

The weather varies a lot in Scotland, so include warm and waterproof clothing – in all seasons! You may want to bring an umbrella, socks or slippers for shoe-free spaces, and a hair dryer. You do not need to bring towels or bed linen, as these are provided.

**Please return this form with any additional information** **to:**

building.bridges@findhorn.org Tel: 01309 690700

**Once everything is checked, the payment will be arranged. With the payment, we will confirm your place.**

**Looking forward to hearing from you.**