Landing Retreats: Remembering our Roots: 24th - 26th April 2026
Booking Form

To book, please complete and return the below booking form and disclaimer to landingretreats@pm.me

Personal information: In order to book your workshop place, we ask you for some personal information. This is so we can:

- Make an informed decision about workshop places. E.g. you may have any health / medical issues that we need to know about in order to support your participation in the workshop.
- Facilitate the workshop
- Contact you about the workshop
- In case of an emergency situation
- Maintain financial records and contact you for invoicing reasons
- Maintain confidential records of workshop sessions

Your personal information is very important to us, and we are committed to ensuring that it is kept confidential and your privacy protected.

Landingretreats@pm.me is a confidential email address that only Flora and Kirsty have access to.

We will confidentially store your personal information only for as long as is necessary, in keeping with insurance requirements, after which time your personal information will be confidential destroyed.

For more information, please see Flora's and Kirsty's privacy notice for more information: www.couragetogrow.co.uk and www.kirstyweedon.co.uk, respectively.

Name:	
Address:	
Contact phone number:	
Email:	
Date of birth:	
Do you have any health / medical / mobility or access needs that we need to be aware of? Please include any allergies and mental health conditions.	

Emergency contact details – name and relationship & contact number:	
Professional title / role:	
Do you need to hire waterproofs / wellies, if so please let us know your size:	
Please briefly outline your experience of being outdoors / in nature:	
Please briefly share any experience of participating in personal development, therapeutic and / or therapy, and whether this is individual and / or in groups:	
Please briefly state your interest in this workshop and what you hope to get out of it:	

Booking confirmation and disclaimer

Landing Retreats: Remembering our Roots: I have read and understood the information about this outdoor-based weekend with Flora Leber and Kirsty Weedon, and agree to these practicalities and consent to being involved in this activity. I understand that this workshop is not personal therapy, supervision or training.

Health & Safety: I understand that there are risks to taking part in this workshop, and understand that I am personally responsible for my own safety during the workshop, outside of structured sessions on site, as well as travelling to and from the workshop. I agree to only engage with what is personally manageable for my health and fitness capability.

Personal details & Privacy Notice:
I confirm that I agree with Flora Leber and Kirsty Weedon processing my personal data for the specified purposes identified in their respective privacy notices

Name: Signed: Date:

If you have any questions or queries, please don't hesitate to get in touch with us at: landingretreats@pm.me.

We look forward to meeting you.

Warm wishes,

Flora & Kirsty