

Do you have any special dietary needs

Yes

No

If yes please specify: _____

The programme of the week-end includes:

Spa treatments include: facials, back massage, flotation, reiki, reflexology and bookings for these can be done at registration

I will be paying for my own costs: Yes No

The Branch will be paying for my costs

Yes

No

Branch name: _____

Single room supplement per night is €50

A non refundable deposit of €50 secures your place. Please return this booking form to the: MS Western Regional Office

Roxboro House, Raleigh Row, Galway

Or e-mail western@ms-society.ie



a sense of calm

Soulfeast 2010

Kilronan Castle,

Ballyfarnon, Co. Roscommon

5th -7th Feb 2010

Return booking forms with €50 non-refundable deposit as soon as possible.

2 nights B&B, 2 lunches, 1 Gala dinner and 1 spa €225

Directions from Boyle Follow the signs to the N4 for Sligo/Dublin. When you come to the N4 turn right toward Dublin/Carrick-on-Shannon. After about 5km on the N4 there is a turn to the left sign-posted to Knockvicar and Keadue. Turn left here. Continue on this road for approximately 10 km until you come to a junction. Turn left here toward Ballyfarnon. Kilronan is located 1.5km on the left.



Weekend Programme

Friday: Arrival and Registration from 3pm

Refreshments and dinner at own expense

Saturday: Spa treatments from 10 am

Workshop: Mindfulness meditation in Palm Court
10.30—12.00 noon Lunch 1 pm

Afternoon spa treatments in Leisure Centre
continues

Yoga in Library 3-4pm

Drinks reception 7.30 Gala dinner 8pm

Sunday: Spa treatments in Leisure Centre from
10am

Hydrotherapy 11-12.00 or

Workshop: Yoga in Palm Court 11.00 -12.00

Lunch and departure 12.45pm

Booking Slip Please detach and return to the
Western Regional Office

Name _____

Address: _____

Telephone _____

Sharing with

Do you require an adapted room? Yes No

Will you be using a wheelchair? Yes No

Is your wheelchair Manual Power driven

Please tick the appropriate sections