



Rooted in the Christian heritage... open to the widening future

this centre is one of two operated by the Othona Community

A PLACE

West Dorset is rich in history, wildlife and culture – a joy to visit, but not ruined by tourism. We occupy 7 acres of gloriously untamed grounds on an unspoilt stretch of coast.

In Community House you'll find simple but comfortable accommodation, with wide sea views and a homely log fire. The beach is 15 minutes walk away through National Trust meadows.

A PLACE TO BE

Othona is a great place just to be. Leave the stress of your daily life behind. Let go of a few responsibilities. Relax in surroundings that lift your spirit.

Wake each morning to birdsong from the woods that surround us. Fall asleep to the rhythm of waves on the beach below.

A PLACE TO BE REAL

In this beautiful setting many people find a surprising quality of acceptance. When image and status don't matter, we're free to be who we are, without judgment or expectations. Free to look within and recognise, perhaps, parts of ourselves that have lain dormant.

A PLACE TO BE REAL TOGETHER

So you relax. The real you finds breathing space. And maybe you will also discover a rare depth of connection with other people.

Othona's a place with lots of unforced laughter, easy sharing of each other's life stories, and not a few unembarrassed tears. This is a taste of community – something so often missing in today's world. (All spiritual traditions recognise this. One Christian name for it is the fellowship of the Holy Spirit.)

Our hope is that this experience carries over as a practical blessing in your everyday life.

For some **Frequently Asked Questions** see page 17

An Experience of Living Community

We welcome people of all faiths and outlooks. Only together can we hope to build a sustainable future of justice and peace. Down-to-earth and open-hearted, Othona has its roots in the inclusive Christian tradition, and now draws on a wealth of other inspirations too.

Othona West Dorset is a centre dedicated to human wellbeing – of body, mind and spirit. We have found that individual wellbeing grows through an experience of community with others and of connection with Spirit/God.

Charging Policy

Our **standard rate** reflects what Othona needs to cover costs as a not-for-profit charity. The **concessionary rate** is freely available for all who need it (up to 21 days per person per year). It is not tied to eligibility for any state benefit. We leave it to your discretion whether you need a concession. If even the concessionary rate is a problem for you, we have a **bursary fund**. Applications for bursaries – to the warden please – are treated in confidence.

We don't quote **concessionary rates for children**, but are happy to consider a reduction if your family needs it. Please contact us to discuss.

If you arrive late or leave early we usually charge for the full event (unless explicitly agreed otherwise in advance).

Quiet Week

4-10 Feb (Sat-Fri am)

You'd like space for reflection as the new year begins to unfold? This week is not a completely silent retreat, but offers a depth of tranquillity, a quality of presence that will rest parts of you that need rest... and awaken parts that have dozed off! **Angela Steele** will be with us, supporting the atmosphere of contemplation. Once or twice each day she offers a brief selection of words, images and music to prompt our reflections on a theme "Use Your Common Senses!" She will encourage us to look at the five senses and how, by paying attention to them and what they really tell us, we can begin to imagine a different way of knowing.

Angela is a writer and artist; she draws her spirituality and inspiration from the countryside and the seashore. She and her husband have a smallholding in Somerset where, among other animals, she breeds Exmoor ponies. As a retired United Reformed Church minister she is an experienced leader of Quiet Days and Retreats.

Single rooms guaranteed (unless you specifically want to share). A blazing log fire and home-cooked food. Some meals in silence. A cosy library. A peaceful chapel. A long empty beach and good walking country. An accepting, creative community. Won't you join us? (See also 16-22 Sept.)

£326 (£249 conc.)

Roll Up Your Sleeves

6-12 Mar (Mon-Sun pm)

If you've never tried one of these weeks you may not realise how special they are. Ideal for practical people who like to lend a hand and do something worthwhile. Sharing umpteen jobs round the house and grounds we all get a real sense of achievement and camaraderie – working hard (up to 6 hours a day) but playing hard too with plenty of laughs and diversions. We aim to vary the jobs to suit all abilities.

£80 (NO CONCESSIONS)

Introduction to the Enneagram

17-20 Mar (Thurs-Sun pm)

The Enneagram is a dynamic, ancient, spiritual and psychological model of humanity. It describes nine basic personality types, how they vary and interact, and the direct link between the psychological and spiritual aspects of each. Giving extraordinarily accurate insight into our day-to-day behaviour, preoccupations, strengths and weaknesses and those of our friends, colleagues and lovers, it also indicates each person's most fruitful approach to personal growth. On this introductory workshop you will discover the hidden emotional and mental concerns of each type, and learn some of the patterns of behaviour and interaction created by these unconscious habits of perception. Recognise your own type and those of people you know, understanding how both security and stress 'change' your personality. Learn to improve relationships of all kinds and start to discover how to use your 'negative' patterns to fuel growth.

With **Karen Webb**, author of *Principles of the Enneagram*, and probably the UK's foremost Enneagram teacher. (See also 2-5 Nov.)

www.theenneagram.co.uk

£249 (£209 CONC.)

Yoga Retreat: a chance to delve more deeply

24-26 Mar (Fri-Sun pm)

This weekend is for you if you already have some experience of a regular yoga practice. It offers a combination of postures, breathing, and meditation, as well as time to rest and explore a beautiful part of the world. We will explore the more subtle inner aspects of our yoga practice by including the use of two of the three bandhas (bandha meaning 'lock' – as in blocking the flow of prana/energy in a particular direction, thereby coaxing it in the opposite direction). These help us to promote strength, energy, greater flexibility, relaxation and an awareness of deeper inner opening/purification. Also included will be the use of mudras (mudra meaning 'seal' – as in sealing and directing a path or particular prana/energy flow) during our pranayama practices and meditation.

Debs Albon is an experienced Hatha yoga teacher, who has been practicing for 25 years. A mum of 5, (also a pregnancy yoga teacher!), she loves life, and especially walking her dogs in the beautiful West Sussex countryside. £152 (£126 CONC.)

"A very special time, special moments with people in love with life and generous in their sharing."

Open Space with Tai Chi

28 Mar – 3 Apr (Tues-Mon am)

Open Space means a classic Othona relaxation week – spend time in community but with a minimal programme so you can pursue your own priorities (walking, reading, just chilling?) This time there will also be daily sessions of tai chi and qigong exercises with **David Talbot**. You don't need any previous experience to benefit from these graceful and mindful movement practices. David's teaching emphasises the health and relaxation benefits of Tai Chi rather than the martial arts aspects.

£326 (£249 CONC.)

Families Bargain Break

7-11 Apr (Fri-Tues am)

Our much-loved short break for families (and others) always offers fun and creative opportunities: walks, games, music-making etc. So there's no shortage of activities. But you'll find chances to rest too – quality time with your own family and relaxing with a mixed bunch of new friends. Othona gives a glorious break from the usual pressures of life, from digital distractions and from deadlines. And to make it all easier, the eldest child in each family group comes free of charge! What's not to like? (See also 25-29 Oct.)

£211 (£159 CONC.) 11-18: £110 3-10: £84 BUT ELDEST CHILD PER FAMILY FREE

Easter Retreat: Lo, all my heart's field red and torn

13-17 Apr (Thurs-Mon am)

Lo, all my heart's field red and torn/And thou wilt bring the young green corn...
old English hymn.

The Celts used to say their lives were inspired by two books – the Holy Scriptures and the book of Nature. We will allow both to lead us through our Easter journey, guided by **Tess Ward**. Beginning with the Gospel story, we will open out and follow the divine rhythm, that is echoed in both books, of living, dying and new life. We will weave this with the truth of our own stories in poetry, music, pictures, ceremony, playing together, creativity, silence and all the earth and sea have to offer. Our chapel times will be Celtic in flavour but also drawing on the mystical traditions helping us to enter fully into this most universal of stories on this earth that we share.

Tess has contributed at the Greenbelt Festival and is author of *The Celtic Wheel of the Year*, a treasured spiritual resource for many people. Her 2012 book *Alternative Pastoral Prayers* draws directly on her experience in hospice chaplaincy. She is currently writing about pilgrimage in the Celtic lands of the North East of England where she now lives.

tessward.wordpress.com

£236 (£184 CONC.)

“Surely the greatest service station on life’s motorway. I leave refreshed, refuelled and ready for my journey to tomorrow. I shall hold for a long time the love and care of a very special group.”

Do Words Choose Us? Writing the Way You Feel and Think

20-23 Apr (Thurs-Sun pm)

These few days under the expert guidance of **Graham Fawcett** will encourage and inspire you, whether you keep a journal, write the occasional poem, even hope to write... or already do so with an eye to publication. *Do Words Choose Us?* is designed to help you explore how it is that one moment we are staring at something we find “difficult to put into words”, the next brushing that difficulty aside as we feel ushered into a fluency. We will read and write and talk about it all. There will be plenty of quiet moments for writing and reflection. And most importantly of all, you will only need to write the way you personally feel and think.

Graham has led writing days, weekends, and longer courses in London and Southern England over the last thirty-five years. He has been closely involved with the Arvon Foundation’s Devon centre at Totleigh Barton and with The Poetry School in London. More about Graham: www.grahamfawcett.co.uk £245 (£205 conc.)

Dawn Chorus, Mothwatch and Full English! 24 Apr (Mon 4.30 – 9.00 am)

As first light strengthens, the woods and hedgerows around Othona come alive with birdsong. First timer or regular birdwatcher, you’ll find **Dominic Couzens** a superb guide. A renowned wildlife author and broadcaster, with encyclopaedic knowledge and an engaging style, he’ll also introduce us to whatever mammals and moths visited overnight (all weather permitting). And then we share a slap-up cooked breakfast, finishing by 9.00.

You can attend Dawn Chorus just on the day – or stay over if you’ve attended “Do Words Choose Us?”

More about Dominic: www.birdwords.co.uk

£18

Walking Week: Bluebell Time

28 Apr – 4 May (Fri-Thurs am)

The perfect antidote to urban life and the pressures of work, Othona’s walking weeks are renowned for the diversity and sheer beauty of the routes on offer. Each morning we set out with packed lunches and share in a led walk of between 3 and 8 miles.

These are gentle group walks, not forced marches, but Dorset has its fair share of hills so you do need to be relatively fit. No walk is compulsory, so you can shape your own week. Back at Othona we’ll enjoy scrumptious home-cooked food, reflective ‘seedtime’ each morning and evening relaxation by the community log fire.

Stunning cliffpaths, hidden valleys, ancient earthworks, remote woodlands, beautiful villages, atmospheric churches... and great little tearooms! **Tony Jaques** has been leading walks here for more than 20 years but still manages to vary his routes and discover new delights. A non-walking friend or partner who shares your bedroom is welcome, but they will need to fend for themselves when the group is out exploring.

£326 (£249 conc.)

Honouring Our Sacred Self

29 Apr (Sat 10.00-5.00)

A wholistic retreat day to revive body, heart and soul with yoga teacher **Sian Alcock**. Welcome to a day where we can step away from our busy lives as we gently and mindfully open ourselves to a day of nurturing, rejuvenation and healing. Gentle yoga is a part of it, and you don't need previous experience – total beginners are welcome. (See also 24 June & 23 Sept)

www.sacredshores.net

£50, LUNCH INCLUDED, OR £55 IF BOOKING IN FINAL 2 WEEKS.

ALL ENQUIRIES AND BOOKINGS THROUGH SIAN ON 07527 052273 OR SIAN.SACREDSHORES@GMAIL.COM

Burning Gold: creative contemplation of Blake's divine vision

10-14 May (Wed-Sun pm)

A retreat using the Appleseed Method – with **Jennie Barnsley** and **Roy Bayfield**. We will take the words of the much-loved hymn 'Jerusalem' as a touchstone, to explore a liberating spiritual vision of a better world. Through meditative, kindergarten-simple creative activities, we will experience our own deep responses to the words of William Blake, the radical 18th-century mystic artist and poet.

Appleseed, a process originated in the Quaker tradition, involves silent listening to talks on the theme, followed by simple and enjoyable arts-based response activities, and the option to share our experiences with each other. A regular feature in the Othona calendar, Appleseed proves itself time and time again as an accessible and rewarding process that opens the heart, feeds the mind and lets the spirit soar. Optional activities around the core theme will include music, film and time to socialise. Jennie is a Quaker theologian and avid crafter; Roy is a published poet and writer with experience of meditation in the western wisdom tradition.

Read more at simplespiritcreativity.com

£261 (£209 CONC.)

Forgiveness in Family Life

21 May (Sun 10.00-4.00)

A day retreat for couples or individuals wishing to explore the issue of forgiveness in their family relationships, past or present. **Beth Wareing** and **Jools Oates** will create with you a safe space where you may consider ideas from Desmond and Mpho Tutu's *The Book of Forgiving*, and how useful they may be in your situation. Beth and Jools use not only language but also creativity, story, metaphor, or movement. The retreat is for adults only, of all faiths and none.

Beth and Jools are qualified family and systemic psychotherapists with many years of experience in working with children, young people and families in mental health services, youth offending services, and schools. Their vision is to extend the availability of the wisdom and insight of systemic therapy to all, without need for diagnosis or problem definition. Systemic therapy pays attention to the quality of relationships between people, rather than locating any difficulties within an individual.

IF YOU WOULD LIKE TO KNOW MORE ABOUT THE DAY'S CONTENTS BEFORE BOOKING,

PLEASE CONTACT BETHANDJOOLS@HOTMAIL.COM OR 07935 902787.

www.treehousetalesfamilytherapy.co.uk

£35 (INCLUDES A LOVELY LUNCH)

Annual Quiet Day

25 May (Thurs 10.00-4.00)

The Quiet Day (organised with the Othona Guild of Health group) is led this year by **Rev Michael Deegan**, warden of the Pilsdon Community. Please bring packed lunch – soup, tea and coffee are provided. £6 PAYABLE ON ARRIVAL

Mindfulness for Men

26-28 May (Fri-Sun pm)

Mindfulness, in short, is a meditation-based life practice which has helped countless people to learn the skills they need either to find a clearer focus and stillness in the midst of a busy, frantic and high pressure life, or to cope creatively with anxiety, stress and depression. Many people from both ends of this spectrum have come to swear by it, as something that has changed for the better the way they approach life. This course for men offers new skills, not any kind of group therapy!

Tim Stead is a parish priest who has practised Christian forms of contemplative prayer for 30 years. He discovered Mindfulness in 2010 and is an accredited mindfulness teacher with the Oxford Mindfulness Centre, teaching their Mindfulness Based Cognitive Therapy (MBCT) course as well as courses in the parish and for clergy. His first book *Mindfulness and Christian Spirituality* was published in 2016. www.hthq.org.uk and www.oxfordmindfulness.org £160 (£130 CONC.)

Community Essentials

30 May – 4 June (Tues-Sun am)

A varied exploration into the sense of community embodied in shared ‘work, worship, study and play’ as our founder put it. Fun creative time together in a great location. Includes discussions e.g. “Is religion worth saving?” with warden **Tony Jaques**. Some rooms shared, book early for singles.

SPECIAL PRICING: TAKE THE YEARS OF YOUR AGE OR 60 (WHICHEVER IS LESS) AND MULTIPLY BY 4 – THIS IS HOW MANY POUNDS WE WILL CHARGE YOU FOR FULL BOARD.

Listening to the Green Heartbeat – a Nature-based retreat

9-11 June (Thurs-Sun pm)

The natural world has a profound capacity to resonate with our human feeling states both energetically or through the symbolism that may be found e.g. in the changing seasons or the passage of night and day. Tuning-in to this can help us tune-in to ourselves. This retreat is facilitated by ecologist and psychotherapist **Dr Julie Walker**. It gives us the chance to explore how an enriched relationship with the natural world can benefit our sense of well-being, at a spiritual, emotional as well as physical level.

Most sessions will be outside in the grounds and surrounding area (weather permitting). The retreat is group based but offers space and time for each to explore individually what it means to encounter Nature in an intentional, contemplative way. In chapel there will be time to reflect on readings that express and explore our relationship to Nature and to ourselves, drawn from writings of John O’Donohue, nature writing, ecopsychology and spirituality.

More about Julie: www.pathwayspsychotherapy.co.uk

£215 (£175 CONC.)

Open Space with foodie delights

13-18 June (Tues-Sun am)

Classic Othona relaxed time, staying together in community but with minimal programming. Coincides with Bridport Food Week culminating in a scrumptious festival on Saturday.

£264 (£200 CONC.)

Honouring Our Sacred Self

24 June (Sat 10.00-5.00)

A wholistic retreat day to revive body, heart and soul with yoga teacher **Sian Alcock**. Welcome to a day where we can step away from our busy lives as we gently and mindfully open ourselves to a day of nurturing, rejuvenation and healing. Gentle yoga is a part of it, and you don't need previous experience – total beginners are welcome.

www.sacredshores.net

£50, LUNCH INCLUDED, OR £55 IF BOOKING IN FINAL 2 WEEKS.

ALL ENQUIRIES AND BOOKINGS THROUGH SIAN ON 07527 052273 OR SIAN.SACREDSHORES@GMAIL.COM

Community Essentials

28 June – 3 July (Wed-Mon am)

A varied exploration into the sense of community embodied in shared 'work, worship, study and play' as our founder put it. Fun creative time together in a great location.

Includes discussions e.g. "Is religion worth saving?" with warden **Tony Jaques**.

Sarah Pennington and **Gilo** offer a Big Sing Day option on Sat 1 July (ring or see website for more details). Some rooms shared, book early for singles.

SPECIAL PRICING: TAKE THE YEARS OF YOUR AGE OR 60 (WHICHEVER IS LESS) AND MULTIPLY BY 4 – THIS IS HOW MANY POUNDS WE WILL CHARGE YOU FOR FULL BOARD.

Summer Sizzler – Weekend of Singing

7-9 July (Fri-Sun pm)

Renowned singing teachers and choir leaders **Nick Petts** and **Jon Conway** serve up another feast of songs, mostly learnt by ear so you don't need to read music.

The uplifting experience of vibrant harmonies making the many, one. A great mixture of songs, plus Saturday evening cabaret where everyone's a star!

More details: jonconway.co.uk/retreats

£180 (£30 SINGLE ROOM SUPPLEMENT)

ALL ENQUIRIES AND BOOKINGS TO JON.MUSICMAN@GMAIL.COM OR 07917 310477

Living with Dying

13-16 July (Thurs-Sun pm)

'It is not death that a man should fear, but he should fear never beginning to live'

Death is the one certainty in life that we all share. But when do we talk about it in any depth? This long weekend, in a supportive community setting, we'll see what death means to us individually and collectively. Accepting the fragility and transience of life can be uniquely liberating, helping to put into perspective our everyday worries and preoccupations, and – ultimately – may enable us to live more freely and bravely.

Kym Winter and **Peter Berry** are well qualified facilitators, by personal experience and professional expertise – both being therapists who've also faced relatively young family members coping with life-threatening illnesses. They'll help us create a space in which to face this great taboo, explore some of our fears and fantasies about it... and even have some fun along the way. A long weekend of discussions, film, contemplation, art-making, a bonfire and our own Othona 'Death Café'.

£215 (£175 CONC.)

New Horizons in Islam

21-23 July (Fri-Sun pm)

All religious traditions evolve. What are the growth points today for Muslims, particularly here in the UK? What are the challenges and how are they being responded to? Where are the new possibilities for co-operation and mutual understanding with non-Muslims? Whether we identify as Christians, Muslims, or “neither of the above” these can be really important questions for us.

Dilwar Hussain and **Rabiha Hannan** (a husband and wife team) are ideal guides for this weekend. They both have wide experience of work in social policy, education, Islamic studies, inter-faith understanding and extremism. They are co-founders of *New Horizons in British Islam*, “a forward-looking organisation engages in critical discussions around Muslim identity, tradition and reform to provide a positive, contextual vision of what it means to be Muslim today.”

This weekend is open to all and we welcome children (Dilwar and Rabiha will bring theirs); there will be activity options for them while adults are in session.

SPECIAL PRICING: TAKE THE YEARS OF YOUR AGE OR 60 (WHICHEVER IS LESS) AND MULTIPLY BY 2.5 – THIS IS HOW MANY POUNDS WE WILL CHARGE YOU FOR FULL BOARD.

Family Week

29 July – 4 Aug (Sat-Fri am)

Shake off the dust of school and work – and join us for a week of fun and togetherness for all ages. More details of the activities on offer to be confirmed by the beginning of March. (Rumour: could this turn out to be a repeat of last year’s amazingly popular Fun With Science week?)

£316 (£239 CONC.) 11-18: £164 3-10: £126

Music and More

5-11 Aug (Sat-Fri am)

A family holiday at Othona is about people of all ages getting together and deepening their relationships - without needing to compete or judge ourselves. This week it’ll be the joys of music that particularly ‘build community’.

Joanna Eden can help anybody find the part of them that enjoys singing and having all kinds of fun with music. She’s a professional musician who just loves working with amateurs and total beginners too. This week she’ll be inviting us to enjoy all kinds of music in community. You want to write a song? Devise a dance – to music you love or that you’ve just created? Put together one of Othona’s much loved concert evenings? Maybe you’re creative in other ways than the musical – then how about bringing art and design into the mix? In previous years we’ve even devised mini stage shows from scratch!

Facebook: JoannaEdenSingerSongwriter

£316 (£239 CONC.) 11-18: £164 3-10: £126

“Amazing place, excellent event, groovy folks, way cool!”

Astronomy Week

12-18 Aug (Sat-Fri am)

Time to reach for the stars with the expert help of professional astronomer **Roger Noble**. This year his illustrated talks each day will dwell on plans for human exploration of Mars and the Cassini probe (due to crash land on Saturn in September), as well as more general understanding of the cosmos. Roger also brings a fine computer-guided optical telescope so we have opportunities to spend late evenings literally star-gazing. Saturn, the moon and 'shooting stars' of the Perseid meteor shower will all be visible when the night sky is clear.

These astronomy weeks are well suited for families; they can sow seeds of a lifelong interest. Inevitably younger children will have a limited grasp of Roger's talks, but the universe is mind-boggling even for the best informed adult!

£316 (£239 CONC.) 11-18: £164 3-10: £126

Circle Dance Delights

21-25 Aug (Mon-Fri am)

A relaxing break in community, with international circle dancing sessions led by **Kathryn Penny**, well known for her skilled but approachable way of teaching. She has an amazing range of music and dances from many parts of the world. Some are simple and meditative, others more intricate or energetic. Many flow with a strong sense of the individuals in the circle losing their self-consciousness about footwork or hand movements, tuning in to a palpable sense of oneness. No dance is obligatory! If you're new to this you will find good support from Kathryn and other dancers with more experience. (Non-dancing friends or partners who share your bedroom are also welcome to this event.)

£241 (£189 CONC.)

Discovering Dorset

26 Aug – 1 Sept (Sat-Fri am)

This relaxed week for families includes three all-day outings, using shared cars, to different spots in this beautiful county. Outings will mean some extra costs for fuel, parking and entry to attractions where necessary, but Othona will provide packed lunches. We will do our best to tailor the outings to your expressed preferences, but may not be able to please everyone! On days when we don't go out together as a community, you might want to explore on your own or in smaller groups.

£316 (£239 CONC.) 11-18: £164 3-10: £126

"Hugely enjoyable and deeply transforming. Thank You."

On or after the start date:

nil

All bookings are non-transferable. We suggest you consider taking out insurance against loss due to cancellation.

MAKING YOUR PAYMENT

We can accept payment by cash, cheque, postal order, bank transfer, bank transfer, Paypal account or debit card via Paypal. Please fill in your payment method and amount below, and then sign over-page before returning this form to us.

Either I am paying my deposit (non-transferable & non-refundable) of

£

Or I am paying the full charge (standard or concessionary, see above) of

£

I enclose a donation (to help fund concessions/bursaries) of

£

I am making my payment by (tick whichever applies):

TOTAL:

£

- Bank Transfer (BACS) to The Othona Community, Account No. 20680303, Sort code 20-26-62
Please give the start date of the event as Reference Code (to link your payment to your booking)
- Paypal. Please email bookings@othona-bb.org.uk with the amount you wish to pay and we will send you a Paypal money request by email (payable by card or Paypal account)
- Cheque made out to The Othona Community
- Other (please give details).....

Now post this to: Bookings, Othona West Dorset, Coast Road, Burton Bradstock, Bridport DT6 4RN

Or scan and email to bookings@othona-bb.org.uk

You can print more copies of this form at www.othonawestdorset.org.uk/downloads

Othona reserves the right to change or cancel events as necessary.

Othona is registered charity number 1154204

Landline:

Mobile:

Emergency contact – who do we phone in an emergency? Landline and mobile if possible please.

Name:

Landline:

Mobile:

Are you willing to share? Yes

Yes

Only if necessary

No, not at all

For two booking together: Tick if you prefer

A double bed (if available)

Twin beds

We offer a limited number of single rooms for each event. You're advised to book early if you are unable to share.

Do you have any special needs?

(physical, dietary, health-related, need/prefer ground floor room)

Please say if you eat no meat, no red meat, no fish etc. We cater at all times for vegetarians. Let us know about any allergy or other serious dietary restrictions. Community grows from the joy of shared meals prepared with love.

Is this your first time at Othona West Dorset?

No

Yes **If Yes, how did you hear of us?**

Personal recommendation

via Retreats.org site

Retreat Guide or other publication

via Othona publicity/leaflet

Google etc search

Other:

We send occasional emails with news to those on our database. Please tick if you prefer **not** to receive any

DECLARATION

I am over 18 and agree to Othona's Terms and Conditions (cancellation details plus health and safety considerations) as in the brochure and at www.othonawestdorset.org.uk/booking/terms-and-conditions. I have filled in payment details overleaf.

Sign:

Date:

By ticking this box you agree to the booking conditions.

BOOKING FORM

Please use a separate booking form for each person, unless you are applying as a couple or a family and paying together.



Othona
WEST DORSET

Event Title:

Arrival date:

Departure date:

Please tick if booking a **non-residential** place:

Your name(s):

Your date of birth:
(required for all please)

Gender:

- | | | |
|---------|---------|---------|
| 1. | 1. | M / F / |
| 2. | 2. | M / F / |
| 3. | 3. | M / F / |
| 4. | 4. | M / F / |
| 5. | 5. | M / F / |

Postal address:

Postcode:

Email:

OUR CHARGES

Othona is a not-for-profit charity and is known as very affordable. Our **standard adult rate** reflects the real cost of your stay. If you value Othona's work and can add a donation, please do. Your gifts allow us to offer generous concessions and bursaries in case of need.

The **concessionary adult rate** is freely available to those who need it (up to 21 days per person per financial year). It's not tied to eligibility for state benefits, for instance. You choose if it's appropriate for you and we will accept your decision. We don't quote **concessionary rates for children**, but are happy to consider a reduction if your family needs it. Please contact us to discuss this in confidence.

If even the concessionary rate is a problem for you, we have a **bursary fund**. Applications for bursaries – in writing to the warden please (letter or email tony@othona-bb.org.uk) – are treated in confidence.

HOW TO PAY

To find the full cost of any event, look on the website or in our printed brochure. The charge rates for each event are listed below the event description. **For each event booked, we require a standard non-refundable deposit of £30 per person (excluding children 0-2 years old).**

Are you booking more than 1 month ahead?

You need only send the non-refundable deposit. When we confirm your booking, we will tell you the amount still owing and when to pay it by. Alternatively, we welcome payment in full at the time of booking – it cuts down the paperwork all round.

Are you booking less than 1 month ahead?

Please send full payment now with your booking. NB: Our charges, as quoted, now include any course fees.

If you have to cancel we will refund a varying proportion of your payment:

More than 1 month ahead of the event start date:	all but the deposit
Less than 1 month, more than 1 week ahead:	50%
Less than 1 week ahead:	10%

Roll Up Your Sleeves

9-14 Sept (Sat-Thurs am)

If you've never tried one of these weeks you may not realise how special they are. Ideal for practical people who like to lend a hand and do something worthwhile. Sharing umpteen jobs round the house and grounds we all get a real sense of achievement and camaraderie – working hard (up to 6 hours a day) but playing hard too with plenty of laughs and diversions. We aim to vary the jobs to suit all abilities. If all goes according to plan we'll be clearing the art and craft building ready for its replacement by a new Four Seasons Studio. (See also 6-12 March)

£80 (NO CONCESSIONS)

Quiet Week

16-22 Sept (Sat-Fri am)

Do you long for soulful relaxation and quiet, but not enough to go on a completely silent retreat? Our Quiet Weeks offer a depth of tranquillity, a quality of presence which will rest parts of you that need rest... and awaken parts that have dozed off! Othona provides a simple 'container' that has proved its effectiveness in calming the body, refreshing the mind and deepening inner peace.

We welcome **Tess Ward** to 'hold' this week by supporting the atmosphere of contemplation and offering one or two daily selections of words, images and music to prompt our reflections. Being in community of course you will be asked to help with a light household job each day; sharing these tasks in a spirit of gift, not obligation, is a positive part of the experience.

Tess has contributed at the Greenbelt Festival and is author of *The Celtic Wheel of the Year*, a treasured spiritual resource for many people. Her 2012 book *Alternative Pastoral Prayers* draws directly on her experience in hospice chaplaincy. She is currently writing about pilgrimage in the Celtic lands of the North East of England where she now lives.

tessward.wordpress.com

£351 (£274 CONC.)

Honouring Our Sacred Self

23 Sept (Sat 10.00-5.00)

A wholistic retreat day to revive body, heart and soul with yoga teacher **Sian Alcock**. Welcome to a day where we can step away from our busy lives as we gently and mindfully open ourselves to a day of nurturing, rejuvenation and healing. Gentle yoga is a part of it, and you don't need previous experience – total beginners are welcome. (See also 29 Apr & 24 June)

www.sacredshores.net

£50, LUNCH INCLUDED, OR £55 IF BOOKING IN FINAL 2 WEEKS.

ALL ENQUIRIES AND BOOKINGS THROUGH SIAN ON 07527 052273 OR SIAN.SACREDSHORES@GMAIL.COM

"Amazing people, amazing games, and a few too many late nights!"

Walking Week: Harvest Home

25 Sept – 1 Oct (Mon-Sun am)

The perfect antidote to urban life and the pressures of work, Othona's walking weeks are renowned for the diversity and sheer beauty of the routes on offer. Each morning we set out with packed lunches and share in a led walk of between 3 and 8 miles.

These are gentle group walks, not forced marches, but Dorset has its fair share of hills so you do need to be relatively fit. No walk is compulsory, so you can shape your own week. Back at Othona we'll enjoy scrumptious home-cooked food, reflective 'seedtime' each morning and evening relaxation by the community log fire.

Stunning clifftops, hidden valleys, ancient earthworks, remote woodlands, beautiful villages, atmospheric churches... and great little tearooms! **Tony Jaques** has been leading walks here for more than 20 years but still manages to vary his routes and discover new delights. A non-walking friend or partner who shares your bedroom is welcome, but they will need to fend for themselves when the group is out exploring.

£326 (£249 conc.)

Celebration! The sacred way to save the environment

5-8 Oct (Thurs-Sun pm)

This long weekend will explore why over the last thirty years faith based, sacred environmental programmes have become the largest civil society movement on ecology world-wide. It will explore how the faith response to issues as diverse as wilderness; education; sacred sites and pilgrimage; climate; forestry; agriculture and migration offers new ways forward for the environmental movement. There is a crisis at the heart of contemporary environmentalism - the lack of a soul and the lack of fun, humour and joy.

This long weekend will involve stories, myths and legends, creating worship resources, and delving into the great teachings and wisdom of the major world religions. It will also be very practical. What could you do as a result? We will also go out and explore how the sacred in nature manifests itself in the local landscape, from fields, through church buildings to our own local sacred hills.

Martin Palmer is a regular broadcaster, author and translator, and secretary general of the Alliance of Religions and Conservation. He has played a key role in bringing leaders of world faiths into dialogue about conservation and climate change. He is a welcome returnee to Othona.

Martin's books include *Sacred Land*, *The Jesus Sutras* and *Kuan Yin: Myths and Revelations of the Chinese Goddess of Compassion*.

£195 (£155 conc.)

Silence by the Sea – Exploring the Wisdom Traditions

9-12 Oct (Mon-Thurs pm)

There is a real hunger for an authentic and living spirituality, emerging anew from its roots in the mystical heart of all faith traditions, but reawakened and revitalised to be accessible and relevant for today. This retreat, whilst largely silent, will include inputs and mutual sharing as we explore the Wisdom traditions, along with daily periods of meditation and chants, mindful work, and time to appreciate the beautiful setting. Given that Wisdom *“is not about knowing more, but about knowing with more of oneself... about increasing our capacity for spiritual perception from an awakened heart”* (Cynthia Bourgeault), the format of the retreat will engage us with different aspects of our being and be reasonably intensive. You would need already a regular meditation practice and a wish to deepen your spiritual life.

Leaders are **Janet Lake** and **Jayne MacGregor** (both members of CANA www.christiansawakening.org) and **Richard Sloan** (RC priest committed to the transformative and healing value of contemplative listening) who have attended and been inspired by the Wisdom Schools and teachings of Revd. Dr Cynthia Bourgeault (www.contemplative.org). £221 (£181 CONC.)

Rebirth from the Breath: Meditations with the Aramaic Jesus

13-15 Oct (Fri-Sun pm)

“The sign of the Breathing Life of All in you is: movement and rest.”
Gospel of Thomas, saying 50

During this retreat, we will use teachings and practices suggested by the words of Jesus in his native Aramaic language to deepen in our own sense of rebirth and healing. This rebirth can occur when we re-connect with the timeless, always-on part of our nature that Jesus called in Aramaic *ruha*. Throughout the weekend, we will explore the spirituality of Yeshua, the Middle Eastern prophet, through a mixture of teaching, silent meditation, walking meditation, chant and sacred movement.

Dr. Neil Douglas-Klotz directs the Edinburgh Institute for Advanced Learning in Scotland and co-founded the Edinburgh International festival of Middle Eastern Spirituality and Peace, now in its 14th year. His many books include *Prayers of the Cosmos* (1990), *The Hidden Gospel* (1999), *The Genesis Meditations* (2003). In 2015, under the penname A.K.A. Chishti, he also authored a mystery novel set in the first century CE Middle East entitled *A Murder at Armageddon*.

www.abwoon.org

£222 (£196 CONC.)

“Little did I know that what actually awaited me was a carefully structured, deeply rejuvenating gentle programme of physical and spiritual nourishment that would touch and restore the mind, body and heart. Hilarious and nurturing company of sensitive, thoughtful people from all different places. The accepting, caring welcome of the core community.”

Community Essentials – Special Bargain Event 17-22 Oct (Tues-Sun pm)

Simple, nutritious and a real bargain! A week in company with other people who also desire inclusive community and spiritual authenticity. We'll share in everyday jobs and meals and some of the seasonal work of Othona – probably around picking and preserving apples.

And each day there'll be a talk/dialogue or discussion on aspects of what we experience as community. What can it mean in a rapidly changing world? A visiting speaker will enliven our discussions early in the week. Single rooms limited this week so early booking is recommended.

£221 (£159 CONC.) SPECIAL: 5 NIGHTS FOR THE PRICE OF 4!

Families Bargain Break

25-29 Oct (Wed-Sun am)

Our much-loved short break for families (and others) always offers fun and creative opportunities: walks, games, music-making etc. So there's no shortage of activities. But you'll find chances to rest too – quality time with your own family and relaxing with a mixed bunch of new friends. Othona gives a glorious break from the usual pressures of life, from digital distractions and from deadlines. And to make it all easier, the eldest child in each family group comes free of charge! What's not to like? (See also 7-11 Apr.)

£211 (£159 CONC.) 11-18: £110 3-10: £84 BUT ELDEST CHILD PER FAMILY FREE

Neurons and Non-Duality

2-5 Nov (Thurs-Sun pm)

For over 100 years science and religion have been focused on cranial tissue as the source of all knowledge, insight, intelligence and awareness – indeed of consciousness itself – ignoring what we already knew about the other two major centres of intelligence. Exciting developments in neuroscience are now expanding our understandings of the enteric (gut) neurons and the neural networks of the heart and their integration with the brain inside the skull. We are beginning to appreciate that in all forms of human experience it is the body (gut and heart) that 'knows' first, while the cranial brain is the last to know.

Karen Webb follows these developments with a sense of delighted recognition, since the Enneagram tradition which she knows so well also brings a mature appreciation of the contributions of the Heart and Belly as well as the Head. Through these three centres we embody and experience the Divine. So what is this bodily experience of God like? How do we live and express Faith, Hope and Love as embodied spiritual beings? To benefit from this retreat you need some previous acquaintance with the Enneagram (e.g. Karen's Introduction at Othona 16-19 March.)

Karen is author of *Principles of the Enneagram*, a regular course leader at Othona for almost 20 years, and probably the UK's foremost Enneagram teacher.

www.theenneagram.co.uk

£249 (£209 CONC.)

Winter Warmer – Weekend of Singing

17-19 Nov (Fri-Sun pm)

Renowned singing teachers and choir leaders **Nick Petts** and **Jon Conway** serve up another feast of songs, mostly learnt by ear so you don't need to read music. The uplifting experience of vibrant harmonies making the many, one. A great mixture of songs, plus Saturday evening cabaret where everyone's a star!

£180 (£30 SINGLE ROOM SUPPLEMENT)

ALL ENQUIRIES AND BOOKINGS TO JON.MUSICMAN@GMAIL.COM OR 07917 310477

More details: jonconway.co.uk/retreats

Mindfulness, Compassion, Health and Well-being

23-26 Nov (Thurs-Sun pm)

This Mindfulness Retreat is designed to help you to create a greater awareness of life in the present moment and be more compassionate to yourself at all times and especially when you are feeling pressured or under stress. The Retreat incorporates meditation practices of Mindfulness and Compassion. We will reflect on these practices and explore, in pairs or within the group, ways of cultivating kindness to your health and well-being. There will be opportunities to practice Yoga and Tai Chi.

Sue Howse is a BAC accredited Therapist and an Accredited Mindfulness Teacher. She has run many Mindful-based Stress Reduction courses and Retreats on Mindfulness and Creativity and on Mindfulness, Compassion (MC) and Ageing at Othona. She works with MC Health and Well-being, and how we can bring this into our everyday lives. She has a particular interest in MC and Ageing. Sue regularly attends MC training courses and retreats at Gaia House and other Mindfulness Centres. More about Sue: www.susanhowse.co.uk

Alison Witham has a background in Yoga and Counselling and has trained as a mindfulness teacher with Bangor University

*"Having a compassionate attitude is the ultimate basis for living a happy life."
(The Dalai Lama)*

£225 (£185 CONC.)

November 2017 to February 2018

The community is open to visitors less than usual during the winter (a time when we catch up with maintenance, training and other development work). For details of other opportunities during these months please watch our website or ring us.

"Feel we have been bathing in TLC! Thank You."

The Advent Labyrinth

1-4 Dec (Fri-Mon am)

The magical time of Advent gives us an alternative approach to Christmas. In shared reflection, in stories and songs, in food prepared with love, in walking a beautiful labyrinth that mirrors the journeys of our lives. We'll have the chance to experience it with differing intentions during the weekend, sometimes by candlelight. We can enter deeply into the questions posed for each of us by this special season. There'll be time just to relax in community with others... and absolutely no shopping!

Nickie Fidgin and **Nigel Thomas** return to Othona by popular demand. She is a singing teacher and skilled labyrinth facilitator; he is a chaplain to immigration detainees, who also loves telling stories and working on a care farm.

£152 (£126 CONC.)

Christmas in Community

23-27 Dec (Sat-Wed am)

Christmas at Othona is always rather special, with less of the things you want less of (television, bingeing, bickering, maybe loneliness?) and more of a spirit of peace and goodwill within a temporary 'family' that isn't your own but where you have a real contribution to make. Feasting, presents, prayers – all are in the mix, but not to excess. On Christmas Eve we visit a local organic farm for carol singing among the straw bales. On Boxing Day you can watch hardy souls take a chilly dip in a local harbour for charity (or even join them). Equally suited to families, couples or individuals.

£227 (£176 CONC.) 11-18: £118 3-10: £91

New Year Celebrations

29 Dec – 2 Jan 2018 (Fri-Tues am)

Othona always greets the New Year in a warm-hearted community fashion, with a feast, homegrown entertainments and a New Year walk. And we support each other, not in making improbable resolutions(!), but in some positive reflection on our experience of the year just ending and hopes for the one to come. Equally suited to families, couples or individuals.

£227 (£176 CONC.) 11-18: £118 3-10: £91

Quiet Week

2-8 Feb 2018 (Fri-Thurs am)

How about some space for reflection as this new year begins to unfold? This week is not a completely silent retreat, but offers a depth of tranquillity, a quality of presence which will rest parts of you that need rest... and awaken parts that have dozed off! (For more details see 3-9 Feb 2017.)

£351 (£274 CONC.)

"A wonderful opportunity to experience wisdom, spirituality and friendship."

FAQs

How many people can you accommodate?

We have 15 visitor bedrooms. In our busiest family weeks we can fit in up to 37. At other times anything between 12 and 24 is normal. The 7 members of the core community live in separate accommodation on site.

Do you have single rooms?

Yes - and twins, doubles and family rooms (but no en-suites). Just tell us your preference on the booking form. Book early for single rooms - sometimes we will only have space left if you're prepared to share.

Is everything provided in the bedrooms?

Duvet, pillows and blankets are provided. You can bring your own duvet cover, bottom sheet, pillowcases and towels if you wish to save money. Or you can hire them from us at a one-off cost of £6 per person.

What time of day do events begin and end?

Residential events usually begin with supper at 6.30p.m. It helps us if you arrive after 4.00p.m. Departure times are mid-morning unless otherwise indicated (e.g. Sunday p.m.).

Can I arrive a day early or stay over an extra night?

This kind of extension is sometimes possible, particularly to bridge from one event to the next. Please ask us about the specific dates you have in mind.

Can I reach you by public transport?

Yes. There is more information, with maps and transport links, on the website.

Can I take part in an event as a non-resident?

This is sometimes possible. See our Non-Resident page on the website for more information.

How do I qualify for a concession?

You don't have to. Our concessionary rate is freely available to anyone who feels they need it (see our Pricing Policy on the website). It is not just for people receiving state benefits. After all, some pensioners are comfortably off, while some people in full time work are very hard up because of their commitments. So we trust your judgment about your own needs.

An individual can claim concessionary rate for up to 21 days in the calendar year. We don't quote concessionary rates for children but are happy to consider a reduction if your family needs it. Please contact us to discuss.

What is the distinction between concession and bursary?

Our concessionary rate is available as described above. A bursary is further financial help for someone who finds even the concessionary rate too much. To ask for a bursary you need to write to the warden (email or post) who will treat your enquiry confidentially.

Can I book online?

Yes, sort of! Visit our How to Book page on the website. You will see a choice of two Booking Forms which you can download. One is easy to fill in, save and attach to an email. The other is easy to print out, fill in and post. You then can choose to pay by Bank Transfer (BACS), cheque or various other ways. We will have online booking in the near future.

How can I tell if you have room for me?

Each event page on the website has the level of availability (Space Available, Almost Full, Full) under the event dates. This is a good guide but for various reasons cannot be 100% accurate, especially when we are nearing fully booked. That's why we look at every Booking Form and respond to you personally. We also start a Waiting List for full events. If you want more guidance on availability or have other questions please use the event page's Enquiry form, our Contact form (both on the website) or ring us on 01308 897130.

Can I pay online?

Bank Transfer (BACS) is our recommended online payment option. For details see the How to Book page. Paypal and credit card options will be available in the future. If you have questions about payment, do get in touch.

Do you offer individually guided retreats?

This is a service we don't offer. You can find places which do through www.retreats.org.uk

Do you offer private retreats, within or outside advertised events?

This is sometimes possible; please email (bookings@othona-bb.org.uk) or phone (01308 897130) to enquire about specific dates. Many people looking for an informal retreat experience find our Quiet Weeks and Open Spaces, with a balance of chill out and community, meet their needs.

Can I stay for a longer period?

Our 'Sabbatical Stays' can be anything from a fortnight to a month. Please see our Sabbatical Stays page and contact us if you wish to explore possibilities. Use of our library and/or the art room could be just the thing for your sabbatical or career break. The library is particularly rich in spirituality of many faiths and radical Christian theology. The art room has a range of materials you are welcome to use - or bring your own. We cannot offer prolonged stays where your main needs are therapeutic. Othona only has living space for those who work as part of the core community.

Do you hire out the centre for group use?

Yes, occasionally. We have a few openings each year for 'outside group' bookings not advertised in our own Programme. We find this works where you are not looking for 'just another venue' but want the special ethos of a community. Please contact the warden (tony@othona-bb.org.uk or 01308 897130) to discuss possibilities.

How do you cater for people with disabilities?

All our communal rooms and two downstairs bedrooms are wheelchair-accessible. There is a hearing loop in the chapel. Assistance dogs are an exception to Othona's general no dogs rule.

What's your food like? Will my special diet be a problem?

We always try to provide home-cooked, healthy, scrumptious meals. We grow some of our own food and use a lot of produce which is local (West Dorset is a bit of a foodie heaven), organic or fairly traded. We cater at all times for vegetarians as well as meat-eaters.

To share the same food is a potent symbol of our shared humanity. But if you have a serious medical intolerance to any foodstuffs please notify us when booking – then we will clarify whether we can exclude them from the menu.

With our small kitchen we cannot provide special meals for those on other dietary regimes. Please do bring any supplementary food you are likely to need; ask for fridge space if you need it; but realise that you won't usually be able to cook it at Othona. We always stock soya milk, gluten-free bread and rice cakes and our local town, Bridport, has various specialist food shops.

Will I have to do the washing up?

Yes! Community life means we share a few simple tasks such as washing up and preparing vegetables, usually one each per day. Approached in a spirit of care and co-operation they can be more like gifts than chores.

Will I have access to media?

All mobile networks now have coverage at Othona, if sometimes a bit patchy. Urgent messages can be left for you if necessary on our office phone 01308 897130. We don't currently have a computer for visitors' use, nor do we offer wifi. Othona generally offers a rest from the chatter of tv, radio, etc. except occasional use of media for discussion. If you listen to radio or music in your room we trust you'll keep it quiet and not disturb others. (Please bring earphones.) Also we ask that electronic games are left at home.

Will my children like it?

Who can ever predict? But seriously, we usually design events during school holidays to be family-friendly. Most children adjust quickly to community life and love its freedoms. Visit our public Facebook group and our photo galleries. These will literally give you a picture of how other children and young people experience Othona West Dorset. We ask that electronic gaming consoles, tablets, etc are left at home so as to leave room for interaction and creative play. We have an established child protection policy.

How inclusive are you?

Othona values diversity and aims to break down barriers of age, sex, race, ability and background. We were pioneers among Christian centres in actively welcoming people regardless of sexual orientation. Learn more about Othona's beginnings and our values and beliefs.

What if I'm not Christian, or not even religious?

You don't have to be Christian to enjoy Othona or to be welcome here. Many Othona people are Christian, but some are of other faiths. And many others are reluctant to be identified with any one religion, seeing themselves on a spiritual search. Only if you were indifferent or hostile to any such search would we suggest you think again about visiting Othona. Learn more about Othona's beginnings and our values and beliefs.

How 'holy' is the atmosphere in your community?

Spiritual health is about being fully human - which may or may not include being religious. Othona supports anybody who takes spiritual health seriously - by which we don't mean solemnly! ('Wholey' rather than 'Holy'?!). You won't encounter a lot of pious talk, nor pressure to share other people's beliefs. We hope you'll find 'soul nourishment' in our chapel - as well as on the beach, in the art room, round the dinner table. We have two pianos and an extensive collection of recorded music created for us by Fiona Heyes. Our library is a treasure house of books to stir the heart and feed the mind, particularly strong in progressive theology and multi-faith spirituality.

So in what sense is Othona Christian?

In a profoundly open sense - open-hearted and open-minded - which we believe Christianity at its best is. Here at Othona West Dorset we speak of being "rooted in the Christian heritage... open to the widening future". We honour the revolutionary heart of Jesus' teaching, when Othona embraces and learns from people of all faiths and none. Could a Christianity evolving in the 21st century settle for less? How crucial it is that the world's great faiths should relax their defensiveness and explore common ground. Othona is one tiny step in that direction.

What's next for Othona?

In recent years, with much help from kind donations, we built a new house 'Largesse' to replace the warden's dilapidated cottage, and enlarged our car park. The next such project on our horizon is to replace our old art and craft building with a Four Seasons Studio. The new building will provide more space, better facilities and be adaptable to uses ranging from a variety of arts and crafts to bodywork, from seminars to recreation. We are now at the stage of developing plans and raising funds - with the aim of building starting in Autumn 2017.

What does the name Othona mean?

We're not sure, but it probably means "home". It was the Romans' name for a fort they built on the Essex coast. The garrison there may well have been conscripted from Sarmatia (modern Hungary) and "otthon" in their Magyar language would have meant home. 'Othona' in modern Hungarian means 'home'. Out of the ruins of that fort rose a Christian church in AD654. Close by that church is the other (and first) Othona centre at Bradwell-on-Sea in Essex. Today the Othona Community is a far-flung network of people with a love for one or both centres. Newcomers and non-members are just as welcome as long-established Othona members.

Terms and Conditions

Please read this page carefully. It relates to your financial security and personal safety. Without your agreement to these terms (by signing the booking form) we cannot accept your booking.

Cancellation Costs

If I have to cancel I accept that Othona returns a varying proportion of my payment:

More than 1 month ahead of the event start date: all but the deposit

Less than 1 month, more than 1 week ahead: 50%

Less than 1 week ahead: 10%

On or after start date: nil

I am aware I could take out insurance against loss due to cancellation.

I accept that Othona reserves the right to change or cancel events as necessary.

Recreation at Othona

One of the delights of Othona is its relatively 'wild' outdoor environment. We want to keep this open to all and safe for all. Please read this carefully as it constitutes part of your terms and conditions for booking.

By booking to stay at Othona West Dorset I am agreeing to all of the following:

Any or all of the members of my family or party listed on the booking form may want to play and engage in other recreational activities in the grounds of the Othona Community, including use of the equipment known as the Treehouse.

I understand that:

- a. The grounds include varied terrain on which care is needed to avoid accidental injury. They are largely 'undomesticated' for the sake of wildlife and bio-diversity. There may be plants growing wild which are poisonous if eaten.
- b. As in any wild environment, common sense is needed to enjoy the surroundings and avoid danger.
- c. The possibility of injury to myself and others will always exist.

I confirm that:

- a. I am aware and accept that there are potential risks to myself and others and I will not deliberately endanger myself or others.
- b. I acknowledge and accept the responsibility for the supervision of any child of mine who plays in the grounds, including use of the Treehouse.
- c. I will comply – and ensure any child of mine complies - with the Othona Community guidelines as to use of the Treehouse or any other play equipment.
- d. I will only allow my child(ren) to use the Treehouse when I have satisfied myself that it is safe for them to do so.

I hereby release, remise and forever discharge from any claims and liabilities whatsoever without limitation the Othona Community, its employees and volunteer helpers and any other person playing in the grounds who might injure me or my child(ren) howsoever arising, and I make this release on behalf of myself, my heirs, executors and administrators.

If you need extra booking forms and cannot photocopy, call us on 01308 897130 or visit the booking section of our website.