



Revitalise, Re-Focus, Relax

putting you in control

Saturday 21st June 2008

at DeVere Venues Theobalds Park, Cheshunt EN7

The day will be an action-packed, interactive & informative workshop helping equip you to have your best year ever!

What you can expect from the day:

- 9.00am Registration
- 9.30am Prompt start

Following an introduction to the OM Partnership, the day will then cover:

Revitalise:

- Understand stresses in your life and make them work for you!
- Ideas to incorporate fitness in everyday life to boost your energy levels

Re-focus:

- Identify what's holding you back in your life
- Achieve the results you want by setting goals that work for you

Relax:

- Discover how to bring your life into balance and take control
- Chill out on the day with simple effective techniques that you can use anywhere

Finish:

- 4.30pm, however, Kathy and Kimberley will be available to discuss any individual future needs you may have.

The programme is highly practical with a combination of individual & group learning in a relaxed, informal environment. You will also take away a number of useful tools which can be incorporated into everyday life. A healthy lunch is included.

What you need to bring:

- ◆ Yourself!
- ◆ Wear loose fitting comfortable clothes – suitable for exercise
- ◆ Indoor trainers/Outdoor trainers
- ◆ Water to drink
- ◆ A blanket or large towel

What to do now: Complete the following registration form and health & safety disclaimer.

Return it with your cheque made payable to 'The OM Partnership' for our VIP rate of **£97**, to OM Partnership, 7 Foster Close, Cheshunt, Herts, EN8 9RZ.

We look forward to helping you open the door to your maximum potential.

Registration & Booking Form**Revitalise, Re-Focus, Relax****Date:** 21st June 2008**Venue:** DeVere Venues Theobalds Park, Cheshunt, Herts EN7

Please complete in CAPITALS

Your Name: _____**Your Address:** _____**Your email Address:** _____ **Are you vegetarian? Y/N****Your contact phone number: Day** _____ **Mobile** _____**Name of an emergency contact** _____ **Phone no** _____

There will be physically active sessions during the day which you will be welcome to participate in. As such we require the following information to be kept on file. All information will remain confidential.

Are you under the care of a doctor or any other practitioner? Yes / No *Detail* _____
 Are you currently taking any medication? Yes / No *Detail* _____
 If so, are you experiencing any side effects? Yes / No *Detail* _____
 Are you pregnant or have you given birth in the last 12months? Yes/ No *Current trimester* _____

Are you suffering from any of the following/ or is there a family history? Add details if necessary – ie dates, current action plan for condition, location of injury/pain, any medication etc.

Condition	Self	Family	Condition	Self	Family
Heart condition			Osteoporosis		
High or Low Blood Pressure			Arthritis/ Rheumatism		
Epilepsy			Thrombosis		
Diabetes			Recent Surgery		----
Asthma					
Muscle Injury/Pain	Joint Injury/Pain				
Any other injury or condition not mentioned?					

Our advice to you would be not to participate in exercise if you are suffering from any current illness, condition or injury that could be made worse by exercise.

Please sign and date the following statement:

I confirm, to the best of my knowledge, that the information given is correct. I take responsibility for my wellbeing and if I feel unable to participate in any physically active sessions during the day I will refrain and make one of the organisers aware. I agree to The OM Partnership terms and conditions overleaf.

Name: _____ Signature: _____ Date: _____

Please return your cheque for £97, payable to The OM Partnership to the address below. Please note, upon receipt of your completed form, you will receive a booking confirmation which will also act as your receipt via email.

The OM Partnership,
7 Foster Close, Cheshunt, Herts, EN8 9RZ Tel: 01707 879699 email: info@ompartnership.com

The OM Partnership: Terms and Conditions of Booking

1. All bookings must be accompanied by a fully completed registration/booking form and returned in the post.
2. Only one person per booking form. Please complete a booking form per person who is attending.
3. Payment of £97 per person is due at time of booking.
4. Cheques should be payable to 'The OM Partnership'. Payment can be made by debit or credit cards. DO NOT send cash in the post, we cannot accept liability for cash payments.
5. Refunds will not be made after 31st May 2008.
6. Places are not transferable. If you have a special request please contact The OM Partnership on 01707 879699 to discuss.
7. Booking confirmation emails will also act as a receipt.
8. Full medical/health disclaimers must be completed.
9. You take responsibility for your own wellbeing on the day. If you feel unwell at any point you should refrain from physical activity, make an organiser aware and sit down.
10. The seminar fee includes refreshments, a light lunch and course materials. The materials remain the property of The OM Partnership. You agree not to copy material unless given permission.
11. You will be asked to complete a course evaluation/feedback form at the end of the seminar. Please return this to The OM Partnership before you leave the premises.

Thank you for reading our terms and conditions. All bookings are made and accepted on this basis.

I have read and understand your terms and conditions:

Name: _____ **Signature:** _____ **Date:** _____

Directions to DeVere Venues Theobalds Park

Theobalds Park Lieutenant Ellis Way, Cheshunt, Hertfordshire, EN7 5HW



Directions By Car

- Theobalds Park is situated off Lieutenant Ellis Way, Cheshunt, Hertfordshire about 3/4 of a mile from Junction 25 of the M25.
- Exit the M25 at Junction 25, head north towards Cambridge on the A10.
- At the next roundabout take the first exit (left), into Lieutenant Ellis Way and head towards Cuffley and Goffs Oak.
- Take the first left, signposted Theobalds Park and continue over the bridge and straight on.
- Buzz at the white barrier.
- Drive past the old manor house and park, then head to reception.
- Tel: 01992 633375

Parking is provided free on-site.