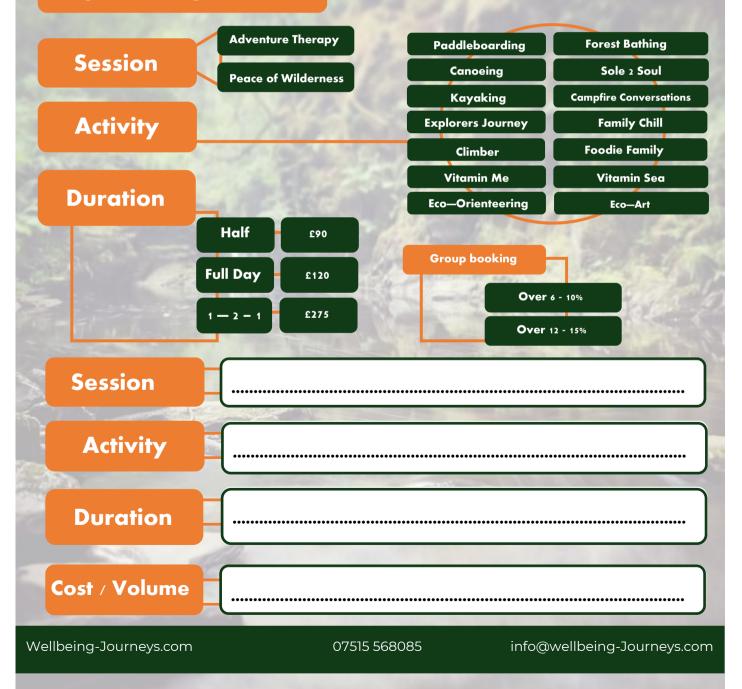
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Bespoke Programmes



Set Programmes 2023

Adventure Therapy

Page 1

| | | | , | | | |
|-------------------|------------|---------|---------|----------|-----|--------------|
| Activity | Dates | Half AM | Half PM | Full Day | £ | Number of |
| | | | | | | Participants |
| Paddleboarding | May 29th | | | | 90 | |
| | June 25th | | | | 90 | |
| | July 1st | | | | 120 | |
| Canoeing | April 22nd | | | | 90 | |
| | June 30th | | | | 90 | |
| | July 2nd | | | | 120 | |
| Kayaking | May 29th | | | | 90 | |
| | July 16th | | | | 90 | |
| | July 23rd | | | | 120 | |
| Climber | April 25th | | | | 90 | |
| | May 1st | | | | 90 | |
| | June 16th | | | | 120 | |
| Explorers Journey | May 12th | | | | 120 | |
| | June 2nd | | | | 120 | |
| | July 30th | | | | 120 | |

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Set Programmes 2023

Peace Of Wilderness

Page 2

| Activity | Dates | Half AM | Half PM | Evening | £ | Number of |
|------------------------|------------|---------|---------|---------|----|--------------|
| | | | | | | Participants |
| Forest Bathing | May 13th | | | | 90 | |
| | June 18th | | | | 90 | |
| | July 8th | | | | 90 | |
| Paddleboard Bathing | May 20th | | | | 90 | |
| | June 24th | | | | 90 | |
| | July 9th | | | | 90 | |
| Canoe Bathing | May 21st | | | | 90 | |
| | July 21st | | | | 90 | |
| | July 28th | | | | 90 | |
| Sole 2 Soul | April 23rd | | | | 90 | |
| | May 14th | | | | 90 | |
| | June 17th | | | | 90 | |
| Campfire Conversations | April 29th | | | | 60 | |
| | May 19th | | | | 60 | |
| | June 16th | | | | 60 | |

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Set Programmes 2023

Peace Of Wilderness

Page 3

| Activity | Dates | Half AM | Half PM | Evening | £ | No of |
|-----------------|-----------|---------|---------|---------|----|--------------|
| | | | | | | Participants |
| Family Chill | July 15th | | | | 90 | |
| | July 22nd | | | | 90 | |
| | July 29th | | | | 90 | |
| Foodie Families | June 30th | | | | 50 | |
| | July 15th | | | | 50 | |
| | July 22nd | | | | 50 | |

Booking as a group? Then why not create your own bespoke programme with us:

| Session | |
|----------------|--|
| Activity | |
| Duration | |
| Preferred Date | |

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Contact Details 2023

Contact Details

Wider Information

| Name: | DOB: |
|---|--|
| Address: | State all medical / physical / mental |
| Email: | conditions, illness- es or allergies |
| Phone Number: | relevant to your partaking in the |
| Emergency Contact | activity. Please include medica- |
| phone number: | tion or preventa- tive measures you |
| Additional information box if required: | may need to take on session. |
| | Confidence in water: |
| | Wetsuit size eg: |
| | xs, s, m , l, xl, xxl |
| | Prior experience of the activity: |
| | Aspirations for the session: |
| | Print Name: |
| | Sign or e-sign: |

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