



Beginners Individually Guided Retreat 10th – 13th April 2025

Pre- Arrival – Information Request

**Please complete and return this form directly to the retreat leader,
Rhona Knight as soon as possible: retreats@launde.org.uk**

Thank you!

Name:

Any past experience of silent retreats:

Is there anything you would like us to take account of in matching you with an accompanier for the duration of the retreat?

Is there anything it would be useful for your accompanier to know?

Is there anything else you would like us to be aware of when you are with us on the retreat?