

Qigong Women in the Wilderness Retreat

June 5th to 9th, 2016

Wildwood Springs Lodge - Steelville, MO

REGISTRATION FORM

\$700.⁰⁰ Registration fee includes:

lodging, 4 nights, June 5, 6, 7, 8 (single room - bath shared with adjoining room,) meals, (dinner June 5 to lunch on June 9,) all workshops and materials.

A \$200 (non-refundable) deposit will reserve your space.

Mail the form below or call or e-mail Rebecca to register.

HOPE YOU CAN JOIN US FOR QWW-11 IN 2016. IT'S GOING TO BE EXCEPTIONAL!

Name:

Address:

City:

State:

Zip or Postal Code:

Phone Number:

Cell Phone Number:

E-Mail Address:

Total amount enclosed: _____ I would like to discuss payment options on the balance

Checks, Money order, Master Card, Visa, Discover & American Express are accepted

(please circle method of payment) check money order credit card

Fees reflect a discount for cash payment. If you pay by credit card add 3 1/2 %.

Card # _____ Exp. date: _____

Authorization code: (the last 3 numbers on the back of your credit card) _____

Name on card: _____ Signature: _____

Mail to:

Qigong Women in the Wilderness

Rebecca Kali, 132 East White Street, Ely, MN 55731

Want to register by phone or have questions about the retreat?

We would love to hear from you!

Call: **218-365-6330** or toll free **1-800-341-8895** (Rebecca) or **314-406-5497** (Cis)

Email: **Kali@QiCentral.org** (Rebecca) **Cishager@yahoo.com** (Cis)

Check in time is 4:00 PM on June 5 at Wildwood Springs Lodge

Please complete the questionnaire on the next page and include it with your registration.

Thank You!!

Qigong Women in the Wilderness Retreat

PARTICIPANT QUESTIONNAIRE

Name:

Address:

City:

State:

Zip or Postal Code:

Phone Number:

Cell Phone Number:

E-Mail Address:

Date of birth:

Contact person at home:

Their phone number:

Please tell us of any Health Issues which we should be aware of or might limit your participation.

Please list any Allergies: (food, medications & other) ?

Please tell us of your food preferences and aversions: What foods do you enjoy most? What do you not eat?

Do you have any special dietary requirements / preferences? Y/N (if yes, please list)

Are you a Vegetarian only? Y/N Are you a Vegan? Y/N

Do you eat: Chicken/Poultry Y/N Fish/Seafood Y/N Dairy Y/N Red Meat Y/N

Lodging at the retreat will be private rooms - 2 adjoining rooms share a bath. If you have a preference for someone in the adjoining room - sharing a bath - list their name here.

OPTIONAL FREE TIME ACTIVITIES

Please check all that interest you

- "White Space" – just unplanned quiet time to do your own thing
- Steelville - galleries, shopping
- Hiking/walking Other

AFTER RETREAT ACTIVITY June 9th - afternoon *Please check if you are interested*

- Float - paddle trip on the Meramec River. (additional fee)

THANK YOU for taking the time to answer these questions. We appreciate your comments.

Your information will assist us in crafting details of this year's QWW Retreat and create a more enjoyable and rewarding experience for you.

We look forward to seeing you on June 5th!

With warm regards,
Rebecca & Cis