

Retreat Registration

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____

E-Mail: _____

Send \$300 deposit to reserve your space

The \$300 deposit is non-refundable.

Registration fee: \$1,350.00

Commuter Registration fee: \$970.00

Amount enclosed: _____

Checks, Credit Cards: Master Card, Visa, Discover, Federal Express, and Money Orders are accepted

(a payment plan is available please call for details)

Method of payment:

check credit card money order

Please make checks payable to: Dao of Well Being

All fees reflect a discount for cash payment,

...if you pay by credit card add 3%.

Card #: _____

Exp. date: _____ Auth. #: _____

Name on card: _____

Signature: _____

Mail to: Retreat for Women c/o Rebecca Kali
P.O. Box 750, Ely, MN 55731

To register by phone:

call 1-800-341-8895 or 218-365-6330

E-mail: Kali@QiCentral.org

Retreat for Women
Dao of Well Being™
P.O. Box 750
Ely, Minnesota 55731

Dao of Well Being™

“to nurture your, body, mind & spirit”

Retreat for Women

with Rebecca Kali



“a stress free place in which to flourish”

July 6 to 13, 2013

Ely, Minnesota

(800) 341-8895

www.retreat4women.com

Registration

\$ 1,350 Regular Registration Fee

Includes lodging (shared occupancy), meals, program, & materials.

Commuter Regular Registration Fee: \$970

Includes meals, program & materials.

Arrive at 4:00 P.M. Saturday, July 6

Depart by 10:00 A.M. on Saturday, July 13

Lodging and retreat location: Jasper Lake

Retreat Center is located in a beautiful woodland setting on the shore of Jasper Lake, a private lake located next to the Boundary Waters Canoe Area Wilderness and in the heart of Superior National Forest. This modern retreat facility has a great room with a fireplace & two story window-wall overlooking the lake, a spacious yoga/qigong studio, sauna, private dock, fire ring, nearby hiking trails and more.

Ely, Minnesota is the doorway to the **Boundary Waters Canoe Area Wilderness** (BWCAW), a federally protected wilderness area located along the US/Canadian border; the BWCAW is over one million acres in size, contains hundreds of lakes and rivers, has 1,200 miles of canoe routes and is home to abundant plants & wildlife, including timber wolves, moose, black bear, and lynx as well as many, rare and endangered species.

Travel directions: Ely, Minnesota is about 120 miles north of Duluth (2 hrs by auto). Some retreat members choose to fly in to the Duluth Intl. Airport and rent a car. Ely is 250 miles north of Minneapolis (5 hours by auto). Jasper Lake Retreat Center is located just off the Fernberg Trail (Hwy 169) 18 miles east of Ely on Jasper Lake. Please contact us for complete travel details.

WOMEN'S RETREAT

Join Rebecca Kali and guest presenters for a special, week long retreat just for women. Enjoy a cozy, nurturing, relaxed lake shore setting as you learn Qigong, meditation, and other techniques in a program specially developed to empower and benefit women.

Qigong, Taiji, Meditation, Nature, Subtle-Energy Healing

- **Chinese Soaring Crane Qigong**
graceful Qigong style with movements of a crane, one of the most popular Qigong forms and noted for its power to help develop psychic abilities, maintain health, promote healing & well-being on all levels.
- **Reduce Stress - Increase Your Energy**
be calm, centered & balanced... no matter what
- **Healing Herbs & Native Plants**
- **Brain Qigong** *for memory, creativity, synergy*
 - **Psychic Self Defense** *practices to balance, strengthen & protect your personal energy & the energy of your home, workplace & environment*
- **Art & Science of Healing with Color**
energy principles & psychology of healing with color + Healing Sounds & Colors to balance emotions
 - **Spa Day** *Acupressure Facials & more*
 - **Art of Making Sushi** *(hands on workshop)*
 - **Connecting with Nature**
 - **Health Maintenance & Healing for Women's Body, Mind and Spirit ...and more**

Sponsored by Dao of Well Being™
and Qigong Alliance International



Rebecca Kali is internationally recognized as an inspiring and passionate teacher, subtle energy healer and founding director of Qigong Alliance International, a global community with members from over 56 countries. www.QiCentral.org

She has studied Qigong in hospitals in Beijing, and meditation & Daoist healing Arts in monasteries throughout China. She is a certified Medical Qigong instructor (*QEA 1999*), teaches many forms of Qigong and has led spiritual journeys to China & Tibet for 12 years. Rebecca lives in Ely, MN and can be reached at:

E-mail: Kali@QiCentral.org

Phone: 218-365-6330 or 1-800-341-8895

Website: www.Dao-of-Well-Being.com

Website: www.QigongChinaTrip.com

Gourmet meals are specially prepared on site for our group by *Silk Road Catering*. Our retreats have become famous for exceptionally delicious dining. Fresh and wholesome ingredients. Meals are planned with respect to seasonal food energetics based on Traditional Chinese Medicine as well as retreat members special requests. Special dietary needs are no problem. (*vegetarian options available*)

Optional Play Activities

additional cost sometimes required

Free time just to relax

Explore the BWCAW

Hiking, Canoeing or Kayaking

Bird Watching, Wild Berry Picking

Massage - Somatics - Shiatsu

Wildflower & Medicinal Plant Walk

Intl. Wolf Center - Natl. Bear Center

Downtown Ely: featuring, art galleries,

outdoor apparel, local crafts, etc.