

Medical Qigong Retreat

April 28th to May 1st 2011

Dana Brown Nature Center of the Shaw Nature Reserve www.shawnature.org
Gray Summit, Missouri

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Phone: _____ Cell phone: _____

Emergency Contact person and phone _____

Registration Fees: Include the Medical Qigong program, instructional materials, and lodging on April 28th, 29th, & 30th, special programs, and meals from dinner on April 28th to lunch on May 1st.

Medical Qigong Retreat - regular registration rate:

Regular Early Registration \$700 - before April 1, 2011 \$800 after April 1, 2011
doubles discount: \$650 each- if 2 people register together before April 1st

Commuter fee: \$575 - before March 1, 2011 \$675 after April 1, 2011
(includes Medical Qigong Program, materials, lunches and dinners)

A \$200.00 deposit will reserve your space. *(\$200.00 deposit is not refundable)*

Checks, money order, Master Card, Visa, Discover & American Express are accepted.
Payment plans are available.

Method of payment: check credit card money order
Make checks payable to: Medical Qigong Retreat

Amount enclosed: _____ *(costs reflect discount for cash payment - add 3% if paying by credit card)*

Credit card #: _____

Exp. date: _____ Auth. #: _____ *(last 3 numbers on the back of your card)*

Name on card: _____ Signature: _____

Mail your registration, payment and completed questionnaire (on the back of this form) to:
Rebecca Kali, Medical Qigong Retreat, P.O. Box 750, Ely, MN 55731

To register by phone call: 1-800-341-8895 or 218-635-6330

Medical Qigong Retreat Information - Participant Questionnaire

Shaw Nature Reserve is located approximately a 1 hour's drive from Lambert St. Louis Airport. Please call Cis Hager at 314-406-5497 for information on carpooling or shuttle information.

Plan to arrive at Shaw Nature Reserve by 3:00 p.m. on Thursday, April 28th.
Our retreat program will begin at 4:00 p.m.

Please indicate the following:

→ Do you prefer a top or bottom bunk? top bunk bottom bunk
(Men and women will lodge in separate cabins)

Breakfast items will be provided for you to make your own breakfast.

Please list 3 breakfast items you want us to provide.

Please list your favorite beverages: e.g. choices of tea, herbal tea, coffee, decaf, type of juice, etc.
(You are welcome to bring any favorite snacks, beverages, specialty foods, etc. for yourself)

→ _____

→ Food preferences: I am vegetarian only I eat poultry I eat fish/seafood I eat red meat

→ Please list any special dietary requirements:

→ Please list any allergies:

→ Please list any medications we should know about.

→ Please tell us of any health conditions which might limit your participation.
(we can accommodate most issues if we know in advance)

→ There will be an optional *Wilderness Wagon Ride* of the Nature Reserve, after lunch on Sunday. It will last approximately 1 hour. Would you would like to participate? YES NO

Arriving before April 28th? Nearby lodging choices:

Travel Lodge / Diamond Inn:

Phone: 636-742-3501 Address: 2875 Highway 100, Villa Ridge, MO 63089

Quality Inn:

Phone: 636-257-8400 Address: 1400 W. Osage St. Pacific, MO Website: www.qualityinn.com

Comfort Inn:

Phone: 636-257-4600 Address: 1320 Thornton St. Pacific MO Website: www.comfortinn.com

Yogi Bear's Jellystone Campground

Address: 5300 Fox Cr. Rd / Eureka, MO Website: www.campjellystone.com

Need additional information? We would love to hear from you! Please contact us at:

Cis Hager: Phone: 314-406-5497 E-mail: CisHager@yahoo.com

Rebecca Kali: Phone: 218-365-6330 Toll free phone: 1-800-341-8895 E-mail Kali@QiCentral.org