

QWW Retreat Registration

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____

E-Mail: _____

Send \$400 deposit to reserve your space

The \$400 deposit is non-refundable.

Registration fee: \$1,700.00

Commuter Registration fee: \$1,250.00

Save: \$100 if you register by Feb. 29, 2012

Save \$100 each for 2 or more registering together

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 QWW Retreat.

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: QWW Retreat 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

Qigong Women in the Wilderness
c/o Rebecca Kali
P.O. Box 750
Ely, Minnesota 55731

Women's Retreat

8th Annual

Qigong Women in the Wilderness
Retreat

"a stress free place in which to flourish"



July 7 to 14, 2012

Ely, Minnesota

(800) 341-8895

www.retreat4women.com

Registration

Registration Fee: \$ 1,700

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

Commuter Registration Fee: \$1,250

Includes meals, program & materials.

Registration Savings:

Save \$100.00 ..if you register by Feb. 29, 2012

Save \$100.00 ..each for 2 or more reg. together

Arrive at 4:00 P.M. Saturday, July 7

Depart by 10:00 A.M. on Saturday, July 14

Lodging and retreat location: Timber Trail

Lodge on beautiful Farm Lake, is in the heart of Superior National Forest. We will stay in spacious and private, modern two-story lodges featuring hand-scribed log furniture, knotty pine interiors, modern kitchens, cozy stone fireplaces, decks overlooking the lake, private docks, fire rings, swimming area, walking trails, water and land access to nearby BWCAW. Take a virtual tour at: www.timbertrail.com

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). Timber Trail Lodge is just 7 miles east of Ely on Kawishiwi Trail.

Please contact us for complete travel details.

QWW RETREAT

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

Qigong, Taiji, Subtle-Energy Work

- Learn the Phoenix Style Taiji
- Chinese Soaring Crane Qigong
- Reduce Stress & Have More Energy
 - Psychic Self Defense
 - Spa Day - Relax & Renew
- Acupressure for Women's Health
- Learn to Connect with Nature to Empower, Balance & Heal
- Health Maintenance & Healing for Women's Body, Mind and Spirit ...and more

Optional Play Activities

additional cost sometimes required

Free time just to relax

Explore the BWCAW

Hiking, Canoeing or Kayaking

Bird Watching, Wild Berry Picking

Wildflower Walk

International Wolf Center www.wolf.org

Downtown Ely: featuring, art galleries, outdoor apparel, local crafts, etc.

About the Presenters



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 50 countries. www.QiCentral.org She has studied Qigong in hospitals in

Beijing, and Daoist Inner Alchemy in monasteries throughout China. She is a certified Medical Qigong instructor (QEA 1999), teaches many forms of Qigong and leads spiritual journeys to China & Tibet. 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

Cis Hager has over 25 years of study in Taiji and Qigong offering personal health coaching, seminars and retreats using self empowering tools of ancient healing in this modern world. She is a certified Medical Qigong Instructor (Qigong Empowerment Association 1998) and a



certified Taiji and Qigong instructor with the *Chinese Internal Arts Center*. She is a tournament medalist, judge and co-creator of the DVD, **T'ai Chi for Women**. Cis lives in St. Louis, MO and Bozeman, MT and can be reached at: E-mail: Cis@fullcircletaiji.com

Phone: 314-406-5497

Website: www.fullcircletaiji.com

Gourmet meals are specially prepared on site for our group by *Silk Road Catering*, with exceptional, fresh ingredients, regard to TCM seasonal food energy and your dietary needs. (veg. options available)