

Registration
Stable Mind, Open Heart:
A 5-day Silent Mindfulness and Compassion Retreat

August 10-15, 2018
41 CEUs for MN Psychologists and Social Workers

Dunrovin Retreat Center, Stillwater, MN

WHO MAY BENEFIT?

Therapists, coaches, social workers, teachers, consultants, leaders, parents who use or want to integrate mindfulness more fully into their personal and professional practices; MBSR and Yoga Teachers, therapists who use an MBCT approach; Mental Health professionals, social workers, and any others who yearn for a profound mindfulness practice-deepening opportunity.

REGISTRATION: \$1250 includes food, lodging and tuition for the 5 -day Retreat. Add \$50 to include a CE Certificate, paid in advance along with Registration payment.

Half payment is due upon Registration, OR pay full amount. Second half of payment is due no later than May 1.

Today's Date: _____

Name: _____

Licensure, if applicable: _____

Organization/Agency: _____

Email: _____

Preferred Phone: _____

Land Address _____

City, State, Zip _____

Please tell us a bit about how you use mindfulness in your professional life (or how you hope to): _____

What would you like to get out of this experience/what motivates you at this time? _____

Have you attended the 8 -week MBSR series, and if so, when and where? _____

What other Mindfulness trainings or retreats have you attended? _____

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Lodging at Dunrovin Retreat Center:

All participants will have their own single room; shared bathrooms are on each hall.

Circle meal preference: Omnivore, GF, non -dairy, Vegetarian (Fish, No fish?)

Allergies? _____

“Dunrovin will work with individuals who are Gluten Free, Dairy Free, Vegetarian (fish or no fish) and Nut Allergy. We do not do Vegan and we aren't a 100% Gluten Free Kitchen. Individuals may bring their own food to supplement what Dunrovin provides. There is a small dining room that has a refrigerator and microwave for our guests to use.”

