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?
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.
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

"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."

CHECK PAYMENT OPTION

Registration – Full payment :	Number of people x	\$1250.00 =		
Registration – Half payment :	Number of people x	\$625.00 =		
(If making initial half payment, include a second post-dated May 1st check for second half.)				
CE Certificate:	Number of people	\$50.00 =		
Total		\$		

Make check payable to True Nature Mindfulness

Return Checks (*payable to True Nature Mindfulness*) **and registration form to:** Paula Coyne, 4729 11th Ave S, Minneapolis, MN 55407

CREDIT CARD PAYMENT OPTION

call Paula Coyne at 612-703-4785 **AND** email registration form to <u>truenaturemindfulness@gmail.com</u>
Auto charge for second payment will occur on May 1, 2018

Direct questions to:

Paula Coyne at truenaturemindfulness@gmail.com, or Janet Solyntjes at janet@thecenterforcourageousliving.com

Space is limited, please register early.

Cancellation Policy

Cancellations can be rough on everyone. No one intends to cancel when they register, and they can be impactful for facilitators, too. Here's what we offer:

- 45 days prior to retreat: Full refund, minus a \$100 cancellation fee
- 44-15 days prior to retreat: Half refund
- 14 days or less prior to retreat: No refunds

More information about attending a silent retreat will be sent to registered participants. Thank you for registering! We look forward to sharing this special experience with you. We'll send an email confirming our receipt of your material.

Our warm best, Paula and Janet