

Spring 2010 SWUU Women's Retreat
Seabeck, Hood Canal
April 30th through May 2nd

Registration

The registration fee is \$145.00. Please return this form with a \$70 non-refundable deposit to Mary Houlihan (address at bottom) by **March 30th**. The remainder can be paid before or at the retreat. Limited scholarship funds are available. We will reserve you a spot when we receive your check

- I would like to contribute \$_____ to the scholarship fund (optional)
- This is my first time at the retreat
- Please contact me regarding a scholarship

Make check payable to WSUU; include "Women's Retreat" in the memo line.

Name:
Street Address:
City/Zip:
Phone Numbers:
Email Address:

- Check here if you do NOT want your contact information shared with other participants.

Transportation:

- I am willing to drive others to the retreat. I can take _____ other people comfortably.
- I need a ride to the retreat.
- I plan on driving by myself.

Will you be arriving early or late? We'd like to know both for carpools and also so we don't worry about you: _____

Carpooling will be arranged by Linda Gardner mindfulliving@yahoo.com.

Return to Mary Houlihan
1627 California Ave SW #4, Seattle, WA 98116
(206) 295-5130 maryh110@gmail.com

Special Needs:

We will have separate sleeping areas for snorers and non-snorers (bring ear plugs just in case).

Do you have any special dietary needs (vegetarian, allergies, etc.)? The dining hall can accommodate! _____

Do you have any other special needs or requests? _____

Activities:

Activities at past retreats have included things like hiking, crafts (beading!) meditation, games, puzzles, a drum circle and poetry readings. This year we're considering a book title swap. Are there any activities that you would be willing to lead? _____

Are there any activities that you would particularly enjoy? _____
