

A Restorative Retreat

A mindfulness based retreat for anyone interested in exploring mindfulness and self-care in a lovely environment dedicated to health, healing and wholeness. Join members of the UW Health Mindfulness Program and Integrative Health for a weekend of restoration and exploration.

When

Arrive: Friday, April 28, 2017
(by 11:30 am)

Depart: Sunday, April 30, 2017
(around Noon)

Where

Christine Center
Willard, Wisconsin
christinecenter.org

Located in north central Wisconsin, the Christine Center has beautiful walking trails, a sauna, wonderful food and compassionate staff.

Accommodations range from rustic to modern. Rooms are randomly assigned, taking into account gender. If you have a physical concern or special needs, we will make every effort to accommodate you. All housing will be double occupancy. Some single rooms may be available at the single occupancy fee.

Space is limited, register early.

What Happens

The staff of the UW Health Mindfulness Program and Integrative Health services will guide the retreat. All are welcome whether or not you have meditation experience. Beginning level practices will be offered throughout the retreat helping us connect with and support our innate capacities for relaxation, calming, mindfulness, compassion, kindness and joy. Periods of personal time, resting, and time in nature are essential to the retreat experience. At the Christine Center there will be some availability to receive bodywork through a massage therapist. These sessions are scheduled independently, and fees are paid directly to the massage therapist. Consider allowing yourself to be nurtured in this way as a gift to you!

Fee: \$395/person, double occupancy; limited single occupancy at \$675/person.

Fee includes: 2 nights, lunch and supper on Friday, 3 meals on Saturday, breakfast and brunch on Sunday, and all group experiences.

Payment: Full payment must accompany registration form. Please send registration form and fee to:
UW Health Integrative Health,
ATTN Peggy Kalscheur/IH Retreat,
621 Science Dr., Madison, WI 53711

A confirmation with retreat details, which will serve as your receipt, will be emailed to you after your registration form and fee are received. If the retreat is full before your registration is received, you will be contacted to see if you would like to be placed on the waiting list.

Registration form: Complete and submit form on reverse side along with retreat fee. Information and forms also available to print out at: uwhealth.org/retreat

Cancellation Policy: Full refund less a \$50 processing fee if you cancel your registration by Monday, April 10, 2017. No refund if you cancel after April 10, 2017, unless we fill the space from the waiting list.



“Stopping,
calming and
resting are
preconditions
for healing.”

~ Thich Nhat Hanh



UWHealth

uwhealth.org/integrativehealth

UW Health – Mindfulness based Retreat April 28-30, 2017

Registration Form

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

EMERGENCY CONTACT: _____

Please tell us why you would like to attend the retreat:

Have you ever attended a retreat? If yes, please describe:

Have you had any experience with meditation, Tai Chi or yoga? If yes, please describe:

Do you have any special needs or concerns?

Do you have any dietary restrictions?

Are you taking any medications that we should be aware of?

Are you currently under the care of a psychiatrist?

Are you currently involved in counseling or psychotherapy?

We ask you to refrain from the use of intoxicants during the retreat. I agree to abide by this request _____
(initial)

If you would like to share accommodations with a specific individual, please indicate who:

Retreat Fee: \$395 (\$675 for single occupancy). Payable by cash, check (made out to UW Health) or VISA/MC.

Please include your full retreat fee along with your registration form. Your registration in the retreat will not be reserved until full payment is received. Send this completed registration form and payment to:

UW Health Integrative Health, ATTN Peggy Kalscheur/IH Retreat, 621 Science Drive, Madison, WI 53711

If paying by credit card:

CC # _____ - _____ - _____ - _____ Exp. Date: _____ / _____

Signature: _____

Cancellation Policy: Full refund less \$50 processing fee if you cancel your reservation by Monday, April 10, 2017, unless we are able to fill your space from the waiting list.