

# Adirondack Women's Empowerment Retreat

January 20 – 22, 2011

## Registration Form

One registrant per form, please

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Day Telephone #: \_\_\_\_\_ Evening: \_\_\_\_\_

Cell # (optional): \_\_\_\_\_ E-mail: \_\_\_\_\_

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Your enrollment in the Retreat includes lodging on January 20<sup>th</sup> and 21<sup>st</sup> as well as dinner on the 20<sup>th</sup>, breakfast, lunch and dinner on the 21<sup>st</sup>, and breakfast on the 22<sup>nd</sup>.

Lodging accommodations are two persons to a room. Each room has one queen size bed, therefore two people can share a bed. If you are attending individually, you may be assigned a room with another attendee.

Are you sharing a room with another attendee? No \_\_\_\_\_ Yes \_\_\_\_\_

If yes, please give their name: \_\_\_\_\_

Do you have any diet restrictions? No \_\_\_\_\_ Yes \_\_\_\_\_

If yes, please state what they are: \_\_\_\_\_

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### Payment Information:

- ❖ A 50% deposit of \$150 is due with this registration.
- ❖ The balance of \$150 is due before January 10, 2012 or we will not be able to hold your reservation.
- ❖ Please forward your deposit of \$150.00 made payable to *True North Yoga* at PO Box 842, Schroon Lake, NY 12870.
- ❖ If you prefer to pay via PayPal, please check here: \_\_\_\_\_  
If you choose this option, you will receive an email invoice for your PayPal payment. Please make your payment within 5 days of receiving your invoice or we will be unable to reserve your spot.
- ❖ Upon receipt of your deposit, you will receive a confirmation letter with information on what you will need to bring to the retreat.
- ❖ All deposits are refundable prior to December 12, 2011.

***Enrollment is limited to 13 participants!***

***Register today!***