

WRITING FROM THE BODY
A weekend retreat with Marin Heinritz, PhD, ERYT-500
Friday, Oct. 28 through Sunday, Oct. 30, 2022

at Gilchrist Retreat Center
56265 Day Road, Three Rivers, Michigan

Registration Form

Name: _____
Street Address: _____
Email: _____
Phone: _____ Date of Birth: _____

What is your experience practicing yoga and meditation?

What is your background in writing and/or other forms of creative expression?

Do you have any injuries, recent surgeries, physical limitations (please include pregnancy, high blood pressure, scoliosis spinal disk issues, joint replacement, etc.) or any other concerns about participating in this workshop?

Do you have any other concerns, physical or otherwise, about participating in this retreat?

How did you hear about this retreat?

To confirm registration please fill out this form and mail it with a check for \$325 before Sept. 1, 2022 or \$350 thereafter to:

Marin Heinritz, 3742 Midway Ave, Kalamazoo, MI 49048

Alternatively, you may email the form to marinheinritz@gmail.com and use Venmo (@Marin-Heinritz) or Cash (\$MarinHeinritz) for payment.