WRITING FROM THE BODY

A weekend retreat with Marin Heinritz, PhD, ERYT-500

Friday, Nov. 8 through Sunday, Nov. 10, 2024

at Gilchrist Retreat Center

56265 Day Road, Three Rivers, Michigan

Registration Form

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

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Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your experience practicing yoga and meditation?

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

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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?

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

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How did you hear about this retreat?

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To confirm registration please fill out this form and mail it with a check for $350 before Sept. 15, 2024 or $385 thereafter to:

Marin Heinritz, 3742 Midway Ave, Kalamazoo, MI 49048

Alternatively, you may email the form to [marinheinritz@gmail.com](mailto:marinheinritz@gmail.com) and use Venmo (@Marin-Heinritz) for payment. Payment plans also available.