



## Phoenix T'ai Chi Centre

### Registration Form

**RETURN TO CENTRE: Celebrating the sacred and the everyday in our lives**  
**A T'ai Chi & Qigong Retreat**  
**August 19-20, 2017**

Name:		Phone:
Street & City:		Postal:
Email:		
Emergency:		
Occupancy Preference:	Per person for 1 night: <input type="checkbox"/> Single @ \$165.00 or <input type="checkbox"/> Double @ \$130.00	
Diet:	<input type="checkbox"/> Dairy-free <input type="checkbox"/> Gluten-free <input type="checkbox"/> Vegetarian	
<b>\$ Enclosed:</b>	For fee of: <input type="checkbox"/> \$165.00 <input type="checkbox"/> \$130.00	I enclose: <input type="checkbox"/> Deposit: \$100.00 <input type="checkbox"/> Balance:

Please book before August 9. Deposits are non-refundable after August 9.  
Balances are due August 9. Please make cheques payable to: Phoenix T'ai Chi Centre

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I recognize that there is an inherent risk in participating in any exercise and do, by my enrolment in and attendance at the T'ai Chi & Qigong Retreat (aka, the Retreat), fully assume responsibility for this risk. Therefore, in consideration of you accepting my registration for enrolment, I hereby for myself, my heirs, executors, and administrators waive and release any and all claim to damages I may have against the persons or organization offering the Retreat in which I hereby apply to participate, their employees, agents, representatives, successors and assigns for any and all injuries I may sustain during the classes, whether or not damages or injuries are sustained through negligence.

I further waive and release any and all claim to damages I may have against the owner(s) of any and all injuries I may sustain while on their property whether or not damages or injuries are sustained through negligence.

Further, I understand that the Retreat activities could be too strenuous for certain individuals and that it is suggested that I consult a physician before engaging in these activities.

Finally, I certify that I have sufficient liability coverage, through my own personal insurance (homeowners' or other), for excursions away from home including to Five Oaks.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

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Please sign, date and mail this form, with your cheque, to the address below.

[www.phoenixtaichi.ca](http://www.phoenixtaichi.ca)

519-439-8875

[info@phoenixtaichi.ca](mailto:info@phoenixtaichi.ca)

mailing address: 708-82 Ridout St S, London ON N6C 5H6

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*Alice's Restaurant*  
Menu  
*August 19 to 20*

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**SUPPER AUGUST 19**

Monterey Jack Stuffed Chicken, Roasted Potatoes, PEI mixed Vegetable, Bread and Butter

Apple Pie or Pumpkin Pie

**OR**

Cabbage rolls Choice of Mashed or Roasted Potatoes, Broccoli with Roll and Butter

Apple Crisp

**BREAKFAST AUGUST 20**

2 Scrambled Eggs, Choice of 3 pieces of Bacon or Sausage, home fries, Toast brown, white or rye, Coffee, Tea and Juice

**OR**

2 Pancakes or 2 pieces French toast

Choice of Bacon or Sausage, home fries, Coffee, Tea and Juice

**LUNCH AUGUST 20**

Our in house made Lasagna your choice meat or Vegetable or Gluten Free

Served with your Choice of Caesar or Tossed Salad, Served with Garlic Bread

Pineapple upside down cake

water or juice

**OR**

Just want something not too heavy

Try our Egg Salad or tuna, or salmon or Ham or Ham and cheese or Roast Beef or Chicken Or Turkey Sandwich served on your choice of Bread served with your choice of soup or Salad

Served with Cookies or Squares, water or Juice

**REFRESHMENTS**

Coffee, Tea, Cream, Milk and Sugar

To be on all day

To be ready on arrival in the morning

Includes all dishes, clean up and set up, Server on site with meals

Jugs of water and water Glasses

[www.alicesrestaurants.ca](http://www.alicesrestaurants.ca)