

WRITING FROM THE BODY  
A weekend retreat with Marin Heinritz, PhD, RYT-500  
Friday, Nov. 1 through Sunday, Nov. 3, 2019

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?

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\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To confirm registration please fill out this form and mail it with a check for \$225 before October 1, 2019 or \$250 thereafter to:

Marin Heinritz, 1200 Academy Street, Kalamazoo, MI 49006

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