



2010 Spring Teacher Retreat: Three Rivers, MI

Name _____ Phone _____
School Name _____
School Address _____
Principal or Supervisor's Name _____
Emergency Contact Information _____

Please read carefully below.

What do you wish to obtain through bringing yoga to your classroom?

What grade do you teach? What are your needs as a classroom teacher? _____

Do you have any formal yoga training? What is your prior experience with yoga?

Do you have any physical problems or limitations (surgery, illness, injury, pregnancy, etc.)
which we should be aware of during the training? (yes/no) exp: _____

Do you have any allergies, dairy or dietary restrictions? _____

Do you give Mindful Practices permission to use photos of you from the retreat in
marketing materials, newsletter, website, etc? (yes/no) _____

You are responsible for your own transportation to/from the retreat. For carpool options,
please call Mary at 708.408.0393. Remember, **Michigan** time is **one hour ahead!**

Retreat Location:
The Hermitage
11321 Dutch Settlement Road
Three Rivers, MI 49093

Retreat begins: 10:30 a.m., May 1st
(Room check-in begins at 9:30)
Retreat ends: 5:00 p.m., May 2nd

Total Cost: \$475

Please Mail Payment To:
204 S. Ridgeland
Oak Park, IL 60302

★ *Please Make Check Payable to **Mindful Practices***