

GROUNDING GODDESSES FALL RETREAT 2017

EVENT DATES: SEPT 22-24, 2017

NAME: _____

CELL PHONE _____

EMAIL: _____

HOME PHONE _____

ROOM AND BOARD COSTS PER PERSON FOR 2 NIGHT STAY AND FIVE MEALS

PRIVATE ROOM WITH BATH \$180.00 _____

SEMI-PRIVATE ROOM (SHARED BATH AND TWIN BEDS) \$150.00 _____

TENT CAMPING (GROUNDS HAVE SEPARATE BATHROOM FOR CAMPERS) \$80.00 _____

ELECTIVE WORKSHOP MATERIALS

DRUM MAKING KIT FOR DRUMMING WORKSHOP \$36.00 _____

Please bring feathers, beads, etc. to adorn your drum.

The kit includes deer hide, 12" drum hoop.

TOTAL: _____

Please indicate if you require gluten-free _____ or other dietary restrictions _____

PLEASE NOTE: Bedding, towels, pillows and soap are not provided. Please leave your room as you find it: or even nicer. Cleaning products are in each room and are available upon request.

WRITE CHECKS TO: AQUARIAN SPIRIT or PayPal at michelle@pombookstore.com

PLEASE MAIL YOUR 50% DEPOSIT ALONG WITH YOUR REGISTRATION FORM TO

AQUARIAN SPIRIT

1401 E 15TH ST.

TULSA, OK 74120

REGISTRATION: 50% DEPOSIT REQUIRED BY AUGUST 15TH

Aquarian Spirit is not responsible for accidents or lost items.

EVENT SCHEDULE

FRIDAY:

4:00-5:00 pm	Arrive at camp
6:00 pm	Dinner
7:00 pm	Drum Making Workshop

SATURDAY

7:30 am	Morning walk or stretch
8:30 am	Breakfast
9:30 am	Root Chakra Grounding Meditation
10:00 am	Ecstatic Dance- Opening Your Root
12:00 pm	Lunch
1:00 pm	Sacral Chakra Background
2:00 pm	Sacred Shimmies Belly Dance
3:00 pm	Drum Decorating-Break-out Sessions
5:00 pm	Reflective Time
6:00 pm	Dinner
8:00 pm	Bonfire/ Drumming Circle

SUNDAY

7:30 am	Morning walk or stretch
8:30 am	Breakfast
9:30 am	Solar Plexus Background
10:30 am	Breaking Negative Thought Patterns
12:00 pm	Lunch
1:00 pm	Closing Activities: Incorporating Lower Chakra Energy