



The Wellness Collaborative

Counselling, yoga, psychology, leisure and nutrition. Working together for improved health.

147 Wyndham St N, Suites 403 & 405, Guelph, ON N1H 4E9

thewellnesscollaborative.com

Registration Form

'I Am Enough' Retreat Day
Saturday March 24, 2018

Name: _____

Address: _____

Phone: (H) _____ **(C)** _____

Emergency Contact: _____

Have you ever done meditation or yoga before? _____

Are there any health issues that the facilitators should be aware of?

Any dietary restrictions or allergies? (For snacks, which will be provided, though we may not be able to accommodate all restrictions.)

Fee: \$80 (includes snacks & refreshments - please bring your own lunch).

Payable by Interac e-transfer to **elisaschramm@gmail.com** or by cheque payable to **Elisabeth Schramm**, MSW RSW. A receipt with the social work registration number will be issued, as reimbursement through insurance may be possible.