Vital Cycles

4th Retreat

Supporting each others' healing through

Verbal Sharing — *Expressive Arts*
Healing Movement — *Joy and Laughter*
Learning from Each Other — *Healing Focus*
Participating at a gentle and nourishing pace that's best for you

Who & Where:

- ☺ Welcome to all seeking to heal the emotional effects of traumas, and those who support them
- ☺ February 5-7, 2010; Check-in after 6 PM on Friday followed by a pizza party
- ☺ Location: Marriot Courtyard Mahwah Hotel; 140 Route 17 South; Mahwah, New Jersey 07430
  $79+ 15% tax per room per night for 1 – 2 people. Breakfast included.
  Call 1.800.321.2211 or 201.529.5200. For special rate tell them you're with Vital Cycles.
- ☺ For more information visit www.VitalCycles.org, or mail to Vital Cycles,
  P.O. Box 522, Chelmsford, MA 01824-0522 with a stamped, self-addressed envelope

How: ($5 discount for Internet registration at www.VitalCycles.org)

- ☺ $50 "Early Bird" registration fee if mailed ***before*** December 1, 2009
- ☺ $60 Registration fee if mailed before January 1 (or Internet registration by January 12)
- ☺ $75 late registration fee. Bring cash and register at the door

Vital Cycles Retreat Registration Form (If registering by US MAIL *before* 1/1/10)

Name: _____

Mailing Address: _____

Telephone number(s): _____ Email address: _____

Your tentative arrival and departure days & times: _____

I am enclosing a check for: $50.00 | $60.00 registration (Circle one)

\+ $_____ Optional Donation

For a total of: $_____

Enclose your check, together with your email address OR a stamped, self-addressed envelope and send to:
Vital Cycles, P.O. Box 522, Chelmsford, MA 01824-0522 (Mail *before* 1/1/10).