

# SKR Coaching & Consulting

## Spirit-Led Retreat

*Let Your Soul Lead the Way*

*Refresh, Restore, Renew Yourself*

**September 16-18, 2011**

**Windrise Retreat Center, Metamora, MI**

**REGISTRATION DEADLINE is Wednesday, September 7, 2011**

- ☞ An enlightening retreat experience with values clarification exploration and meaningful discussions
- ☞ A beautiful setting and inclusive environment where you can embrace your epiphanies
- ☞ Time to learn, reflect and record your thoughts
- ☞ Time to relax and have fun
- ☞ Yoga for everyBODY
- ☞ Friday 5:00 PM through Sunday Noon
- ☞ 2 nights Lodging
- ☞ 6 Meals (Friday Dinner through Sunday Lunch)
- ☞ All Inclusive weekend \$395

## SKR Coaching & Consulting

### Retreat Registration

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone Number \_\_\_\_\_

I am willing to have my photo appear on the SKR Coaching & Consulting website or other marketing materials for SKR Coaching and Consulting. Please check this box if you agree.

#### Payment by Check please

I am enclosing a check in the amount of \$ \_\_\_\_\_

**Please make checks payable to:  
SKR Coaching & Consulting.**

Mail Registration to: **SKR Coaching & Consulting  
1967 Freemont  
Troy, MI 48098**

Call or email Susan if you would like more information  
or if you have questions .

Email: [susan@tmdconsult.com](mailto:susan@tmdconsult.com)

Phone: 248.495.2536

Website: <http://www.tmdconsult.com/skrcoach/Welcome>

- \* Only fully paid registrations secure your retreat reservation. Registration deadline in 9/7/11
- \* There are only 13 to 15 participant positions available per retreat. If fewer than 10 participants register by the deadline, your payment will be refunded unless you choose to apply it to a new date.
- \* One week before your retreat you will receive a packet of information with a Values Clarification exercise to complete and bring with you, a complete agenda, map and suggested items to bring.