

## MOVING MEDITATIONS

**December 21, 2018; 7-9pm**

**December 22, 2018; 10-3pm**

### CELEBRATE THE WINTER SOLTICE!

*~Registration~ Please Print Clearly*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: CELL: \_\_\_\_\_ OTHER: \_\_\_\_\_

HOW DID YOU HEAR OF THIS WORKSHOP? \_\_\_\_\_

I \_\_\_\_\_ (signature) understand and agree that if for any reason I think that my physical, psychological or emotional health is at risk through participation in this workshop, that it is my responsibility to seek medical health care immediately, and I do not hold St Louis Wellness Center, Creating Peace LLC, or Beckah Reed responsible.

DATE: \_\_\_\_\_

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See you on **Friday, December 21, 2018: 7-9pm & Saturday, December 22, 2018: 10am-3pm.** The workshop is at the St Louis Wellness Center

***Please use VENMO or Make Checks out to "Beckah Reed"; Put "Winter Moving Meditations" in the Memo Line; \$100- Registration Fee. DUE by 12/12/18.***

***Mail registration form (with check if you don't use VENMO) to: Beckah Reed, St Louis Wellness Center; 425 Marshall, Webster Groves, MO 63119***

Contact Beckah with questions: 314/740-0043; becahareed@gmail.com

Please come dressed comfortably with appropriate clothes for indoor/outdoor movement activity. Bring a journal if you desire. *Light refreshments and lunch will be included*, as part of your registration fee. Please let me know if you have any particular dietary needs.

*I look forward to spending time with you!*