



Abingdon Daylong Retreat

Saturday, November 6, 2021, 9am-5pm
Jubilee House, 822 East Main St, Abingdon

REGISTRATION FORM

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Phone # Home: _____ Cell: _____

Email: _____

Dietary Needs:

Please let us know if you have any dietary restrictions:

Allergies/ Health Conditions

Please describe any allergies or health conditions the retreat center should know about:

Emergency contact:

Name: _____ Relationship: _____

Phone # Work: _____ Home: _____ Cell: _____

Sliding Scale:

- ☐ \$15 - Covers your food ☐ \$85 – Helps cover some of our costs
☐ \$120 - About what it costs us per participant ☐ \$350: Pays for you & subsidizes others
☐ Other Amount _____

Please mail this form by Friday, October 29 with your check.

For online completion of this registration, please visit https://instillmindfulness.org/abingdon_retreat/

To mail in a paper registration:

Please mail this sheet with your **check** payable to: **InStill Mindfulness**, P.O. Box 537, Floyd, VA 24091.

For questions regarding the application or retreat, contact Jamie Reygle at 540-227-6377 or admin@instillmindfulness.org.