

**COST & REGISTRATION**

The standard rate for this weekend retreat is \$175 (our sliding scale is \$145-\$220). The fee includes program, lodging and food. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop. "Double up and save" discount: bring a friend/family member/fellow meeting attendee along to the same program weekend, and you'll each receive \$25 off the standard rate!

**ARRIVAL & DEPARTURE**

Plan to arrive after 5pm Friday evening, in time for dinner at 6:30. Workshops generally end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions when you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

**ROOM & BOARD**

Our 19<sup>th</sup>-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

**WHAT TO BRING**

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. Cell phone reception is limited and we have no public internet access. We encourage guests to consider whether cell phone and computer use will detract from their experience of being fully present, here and now.

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To register for a program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

FOOD FOR THE LONG HAUL singing retreat, Feb 12-14, 2010	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
I plan to pay \$_____ on the sliding scale of \$145-\$220 (\$175 standard rate). Please bring a friend and register together for the "Double up and save" discount (see info above)!	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	