

Come to Beautiful Berkeley Springs, WV
For the first ever

**ACNM REGION II WINTER
RETREAT!**

March 6-8, 2015

REGISTRATION EXTENDED to FEB 23!



- Stay at the cozy Country Inn, next door to the Berkeley Springs Bath House — www.thecountryinnwv.com (See schedule next page)
- Indulge in the country's first warm mineral springs spa (www.berkeleysprings.com)
- Play with old friends and make new ones
- Hike the winter trails of West Virginia
- Earn 3 hours of continuing ed credits
- Renew your spirit with other Region II midwives
- Go home ready to tackle your life with a smile!

Fill out this form and mail or fax to:

Tina Keefauver (your contact! 304-258-1200)
Country Inn, 110 South Washington St.
Berkeley Springs, WV 25411 fax: 304-258-1240

Lodging & Meals*	Fee	Taxes	Total (fee + tax x # of people = total)
Double-occupancy	\$199	\$25.94	
Single occupancy	\$299	\$15.94.	
Interested in boutique room for extra charge**	[] yes [] no	If "yes," Tina will call you to review options.	Special Needs: Please note any dietary restrictions, disabilities, etc.:

***Fee=per person for 2 NIGHTS LODGING, Friday Dinner, Saturday Continental Breakfast and Lunch, and Sunday Brunch.**

****Fees quoted above are for standard hotel rooms with two double beds. Boutique rooms are available for an additional charge in the Historic Inn section of the Inn. Note: If more than two wish to share a room, call Tina for fee adjustment!**

YOUR NAME _____ **Phone number** _____
ADDRESS _____ **email:** _____

Number/street city state zip code

Credit Card: Type: [] Mastercard [] Visa [] American Express
Number _____ **Exp date:** _____

If you are paying for double-occupancy, who will be rooming with you?

Name _____ **email** _____

FIRST-EVER ACNM REGION II WINTER RETREAT SCHEDULE

Friday, March 6

3-6pm	Check-in/Registration	Consider coming earlier in the day to enjoy the quaint, friendly town of Berkeley Springs, have a massage and a bath in the famous warm spring water, shop unique shops, hike lovely trails.
6pm	Buffet Dinner	We will celebrate our arrival over dinner in our private banquet room. (with vegetarian options!)
7:30-9:30pm	Group Activity	Ice-breakers, story-telling, networking, tricks of the trade, and FUN!

Saturday March 7

7:30-8:15am coffee	Continental Breakfast	Bagels, hard-boiled eggs, granola, fruit, juice,
8:30-10am	CE Offering #1	Use of essential oils in pregnancy, birth and postpartum
10:15- 11:45am	CE Offering #2	Another session on complementary/alternative healing (TBD)
Noon	Lunch	Sandwich bar with all the fixin's! (Q&A w/National)
1pm-7pm	Free time	Time on your own to enjoy the town and surrounding area. (<u>Note:</u> <i>Dinner on your own!</i>)
7:30-9:30pm	Group Activity	More fun and merriment!
9:30pm	Free time	Go to the bar for a drink, hang out with friends, turn in early for a peaceful night's sleep.

Sunday, March 8

8:30am-10:00am	Spirit circle	Yoga Nidra session, followed by guided meditation, journaling, and sharing—suitable for all spiritual backgrounds, abilities and comfort levels.
10:30am	Check out	Before brunch OR before Yoga Nidra
11:00	Brunch	Served in the Inn's dining room.
12:30	Closing	Farewell/Appreciation Circle