

ENDLESS MOUNTAINS



Ladies Retreat 2018

Registration

January 19, 20, 21

Inn on Quarry Glenn, Towanda PA

Name: _____

Address: _____

City & Zip: _____

Email: _____

Phone: _____

Roommate: _____

I have special dietary needs. Please specify: _____

What is your expected arrival on Friday: _____

Registration begins at 6:00 p.m. Wine tasting with Grovedale Winery & Vineyards will be from 7:00 to 8:00 along with appetizers.

Please indicate your registration preference:

____ Private bedroom - \$325

____ Double Occupancy - \$275/person

____ 3 in a room - \$250/person

____ Friday (7-9pm), Saturday (7am – 10pm), Sunday (7am – 12:30pm) - \$150

____ Saturday only (7am-10pm) - \$100

____ Sunday only (7am – 12:30pm) - \$25

Registration includes: meals, snacks, rooms (if staying at the Inn). Workshops are separate and will be collected by the instructors, but you can reserve your spot with this form.

Make Checks payable to: **Bradford County Regional Arts Council**

Mail check and registration form to:

Bradford County Regional Arts Council

Attn: Kelly White

601 Main Street

Towanda, PA 188438

Or email registration to ntpaie@bcrac.org and call **(570) 268-2787** with any questions.

Weekend Retreat Itinerary

Friday, January 19th:

- 6:00 to 7:00 p.m. – arrival and check-in
- 7:00 to 9:00 p.m. – meet and greet and review of workshops
- 7:00 – 8:00 – wine tasting with Grovedale Winery and appetizers

Saturday, January 20th:

- 7:00 to 9:00 a.m.
Breakfast
Choice of yoga, hiking, light/medium cardio session
- 9:15 to 11:15 a.m. ~ Workshops
- 11:15 a.m. to 12:00 p.m. ~ Break/Free time
- 12:00 to 1:00 p.m. ~ Lunch
- 1:00 to 3:00 p.m. ~ Workshops
- 3:15 to 5:15 p.m. ~ Workshops
- 5:15 to 6:15 p.m. ~ Break/Get ready for Dinner
- 6:30 to 8:00 p.m. ~ Dinner
- 8:00 to ? ~ Mingle/Wine/Movie Night

Sunday, January 21st:

- 7:00 to 9:00 a.m.
Breakfast
Choice of yoga, hiking, light/medium cardio session
- 9:00 to 11:30 a.m. ~ Workshops