

REGISTRATION FORM

Journaling the Labyrinth: *A mindful walk through Autumn*

October 15, 2011

9:30 a.m. to 4:30 p.m.

Penuel Ridge Retreat Center

1440 Sams Creek Rd

Ashland City, TN 37015-5422

Phone: **(615) 792-3734**

Registration Deadline: October 7

Workshop Limited to 15 participants

Please make checks of \$85 payable to **Ellen Rust**.
The cost of \$85 includes a vegetarian lunch and snacks.

Mail to Ellen Rust, 1302 Natchez Road, Franklin, TN 37069
by October 7, 2011.

Name: _____

Address: _____

Phone: _____

Email: _____

For more information:

Ellen Rust
615.794.8214
ellenrust@comcast.net

Sarah Cherry
615.794.6918
sncherry@comcast.net

Bring your journal and your favorite pen.
Please wear comfortable clothing and shoes appropriate for the outdoors.
In the event of inclement weather, we will walk a canvas indoor Labyrinth.