



# NSP 11th BIENNIAL RETREAT REGISTRATION FORM

## SELF CARE: MIND, BODY & SOUL

Presvytera Roxanne Louh

October 11 - 14, 2019

Duncan Conference Center, Delray Beach, Florida

Name	
Email	
Mobile Phone Number	
Address	
City, State, Zip	
Parish Name	
Parish City, State & Zip	

### Room & Excursion Preferences

**Room Preference** -Single Rooms are limited and will be assigned on a first come first come basis.

- Single Room      Early Bird Rate by July 8<sup>th</sup> \$175      or      After July 8<sup>th</sup> \$200
- Double Room      Early Bird Rate by July 8<sup>th</sup> \$100      or      After July 8<sup>th</sup> \$125

If Double Room, indicate roommate name or if you would like to be matched with someone

**Excursion Preference** -On Saturday afternoon there are 3 options for you to choose from. Please **choose one option** for your Saturday October 12 activity so we can better plan transportation and group discounts.

- Morikami Museum & Japanese Gardens (\$15 pp or less with group rate) [www.morikami.org](http://www.morikami.org) Mizner
- Park "best shopping in Boca" where you can walk to shopping & restaurants as well as The Boca Raton Museum of Art (\$12 admission) [www.bocamuseum.org](http://www.bocamuseum.org) and Tao Foot Spa (\$25/30 mins or \$36/60 mins) [www.taofeet.com](http://www.taofeet.com)
- R&R - stay at the Duncan Retreat Center to enjoy the grounds, the pool, read, relax, visit, etc

### Travel Information

- Driving       Flying       Renting a Car       Not sure yet

If arriving my airplane please let us know the following information

AIRPORT \_\_\_\_\_

Arrival Date & Flight \_\_\_\_\_ Departure Date & Flight \_\_\_\_\_

How will you get to the Duncan Center?

- Take the NSP shuttle       Rent a car and can take people       Make my own arrangements

## Personal Information

1. Dietary restrictions \*

- None  
 Vegetarian  
 Vegan  
 Gluten-free  
 Dairy-free

2. Shoe Size (necessary for the program) \_\_\_\_\_

3. T-Shirt Size \* *Mark only one oval.*

- Sm                       M                       L  
 XL                         XXL

4. Emergency Contact Name & Phone \*

\_\_\_\_\_

5. Use this space for other pertinent information you may want to let the planning committee know.

\_\_\_\_\_  
\_\_\_\_\_

## Payment Information

Early Bird Rate by July 8:    \$175 Single Room    \$100 Double Room

After July 8:    \$200 Single Room    \$125 Double Room

Registration costs have been subsidized by a generous grant from LEADERSHIP 100

PAYMENT IS DUE BY AUGUST 1, 2019 and includes 3 nights lodging, all meals, materials and activities. Costs for the optional excursions are not included.

Please mail this form and check payable to National Sisterhood of Presbyteres to  
Stephanie Thomas  
8959 Winding Way  
Germantown, TN 38139

### **SCHOLARSHIPS**

1. Limited scholarships are available for widowed presbyteres. Please contact Nicole Keares at [cnkeares@gmail.com](mailto:cnkeares@gmail.com).
2. Please communicate with Nicole Keares [cnkeares@gmail.com](mailto:cnkeares@gmail.com) if you have a financial concern regarding the retreat.