

Registration Form

Restorative Flow Teacher Training

Yes, I would like to register for the Restorative Flow training class on _____ (Date).

Enclosed is my check for \$325 to cover the cost of the training.

(Please make check payable to Donna Belk and mail to 2104 Quannah Parker Trail, Austin, Texas 78734. All fees must be paid prior to the training dates. Full refunds are given for all cancellations made in writing 10 days prior to the training dates.)

Yes, I would like to stay in the dormitory-style accommodations.

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Home Telephone: _____

Cell phone: _____

Emergency contact name: _____

Emergency contact telephone: _____

Comments or notes: _____

ACCOMMODATIONS

I am happy to be able to accommodate up to 6 people in a guest cottage on my property. So there will be no charge to those who want to stay in the cottage. Accommodations are clean, tidy and heated/air-conditioned, but the space is small, and it is dormitory-style (single beds, sheets, blankets and towels provided) with shared bathrooms (think youth-hostel-style rather than hotel-style living). There are hotels in the area if you wish to have your own room (I recommend The Hampton Inn, 512-263-7474 which is the closest and newest).

The cottage main room is where we will be holding the discussion part of the training, and we will be having our meals and breaks in the kitchen of my home which is located nearby.

FOOD

I provide simple vegetarian fare for the training. This includes breakfast-lunch-dinner plus snacks. You won't go hungry, but this is not fine dining either. There are restaurants in the area if you choose to eat out. There will be chocolate.

ARRIVAL

Please plan to arrive at the Austin Bergstrom airport before 5 p.m. on Friday. The Super Shuttle, 800-258-3826, is the least expensive way to get to the property and it is about a 40 minute drive and the cost is around \$45 for the first person plus \$10 for each additional person - it may be possible to ride share with others depending on their flight arrangements. Of course, you can certainly rent a car if you prefer. Once you have your airline reservations send me your exact itinerary and I will compile them all and send out the times other participants are arriving, so that you may be able to ride share.