## Come to Beautiful Berkeley Springs, WV

For the first ever

# ACNM REGION II WINTER RETREAT! March 6-8, 2015

## Space is limited - register by February 13







- 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	<b>Total</b> (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 " <b>yes</b> ," Tina will call you to review options.	Special Needs: Please note any dietary restrictions, disabilities, etc.:

\*Fees are per person charges for room, 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 numberemail:		
ADDRESS			
Number/street city	state zip code		
Credit Card: Type: [ ] Mastercard Number			
	ancy, who will be rooming with you?		

# FIRST-EVER ACMM 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

coffee

7:30-8:15am 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. (Note: *Dinner on your own!*)

7:30-9:30pm Group Activity More fun and merriment!

9:30pm Free time Go to the tavern for a drink, hang out with friends,

turn in early for a peaceful night's sleep.

### Sunday, March 8

9am-10:30am 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 Check out of rooms before gathering for brunch.

11:00 Brunch Served in the Inn's dining room.

12:30 Closing Farewell/Appreciation Circle