

**New Year's Writing Retreat**  
***An Annual Contemplative Writing Retreat with Miriam Hall***  
Holy Wisdom Monastery  
4200 County Road M  
Middleton, Wisconsin 53562  
January 21-24, 2017, 10 am - 5 pm Saturday – Tuesday\*  
Cost: \$100/day (includes lunch)

Join Miriam Hall for a very intimate annual retreat just north of Madison, Wisconsin.

This retreat is open to beginners – spread the word!

All are welcome: writers as well as people who do not identify as writers, but who are curious about writing as a contemplative practice.

Please note the practice day we used to do on Saturday, setting New Year's Intentions, has become its own online, four-week workshop. Check my website ([www.herspiral.com/return](http://www.herspiral.com/return)) for information/registration.

Each practice day alternates sitting meditation (instruction offered), contemplative writing, and body movement exercises (yoga, mindful body movement, walking meditation).

**Location:**

Holy Wisdom aka Benedictine Women's Center: <http://benedictinewomen.org/>

**This is not an overnight retreat, as another retreat has taken the overnight rooms.**

**\*How attendance works: You can attend anywhere from 1-4 days of the retreat, but you have to start at the beginning and come for consecutive days, as the program goes deeper over time.** You can attend Saturday, or Saturday and Sunday, or Saturday-Monday or Saturday-Tuesday. The first day (Saturday) is a larger group practice day, and consecutive days go deeper into writing practice, doing more and more writing.

If you go home each night, please don't plan any other big events or socializing (if possible) so as to keep a sense of retreat going throughout the one to four days.

**If you are interested in attending, please notify me as soon as possible so I can let you know if there are still spots. Then send in registration form (next page) and deposit.**

**-- REGISTRATION FORM --**  
**Contemplative Writing and Meditation Retreat**  
**Holy Wisdom Monastery**  
4200 County Road M  
Middleton, Wisconsin 53562  
**January 21-24, 2017, 10 am - 5 pm Saturday – Tuesday\***

**Name:**

**Mailing Address:**

**Email Address:**

**Cell or Home Phone:**

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**FEES**

Base price: \$100/day, which includes lunch.

Sliding scale available. Just ask/make a note of what you can afford.

**PAYMENT**

Deposit of \$50 due January 10, 2017.

You may pay by  check  cash  PayPal  MoneyLink

\$50 deposit enclosed

Please make checks payable to *Herspiral Arts*. Send payments and registration to:  
Miriam Hall, 20 N. Baldwin St., Madison, WI 53703; *or*  
PayPal: [miriam@herspiral.com](mailto:miriam@herspiral.com); *or* UWCU money link

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**FOOD RESTRICTIONS/ALLERGIES**

None  No red meat  Vegetarian  Vegan

Gluten Free  Dairy Free  Nut allergy

Other: \_\_\_\_\_

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**ACCESSIBILITY CONCERNS?** \_\_\_\_\_

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**TRANSPORTATION**

I would like to ride with someone driving from Madison

I can offer a ride to someone. I'm leaving from \_\_\_\_\_

***Carpooling will be arranged once people register.***