The Sacred Art of Nursing
A Mindful Approach to Nursing Care

May 3, 3pm - May 5, 3pm 2013

Information and Registration

Please join us for a special weekend exploring the Sacred Art of Nursing at Commonweal Retreat Center. This retreat offers an opportunity to rekindle the flame at the heart of nursing and to replenish body, mind, and spirit. During this retreat, nurses will be introduced to mindfulness and presence as practices integral to the Sacred Art of Nursing. Didactic presentations, experiential exercises, and group discussions, will be used to enhance the understanding of how historical and current influences impact nursing today and why the application of mindfulness practices can be beneficial.

Commonweal Retreat Center is a nonprofit center for health and human ecology located on a beautiful 60 acre site overlooking the Pacific Ocean on the Point Reyes National Seashore near Bolinas. The retreat, gourmet vegetarian meals, and most of the accommodations will be provided at the historic Pacific House. This beautiful twelve-bedroom mansion provides ample space for our retreat program and allows for comfortable, private rooms for most of our participants. Commonweal is an oasis of silence, stillness and natural beauty. Short hikes take you to remote and exquisite beaches and vast meadows.

Cost: All fees include lodging, gourmet vegetarian meals and snacks, and continuing education hours.

- $550 for registration postmarked prior to March 21
- $600 for registration postmarked after March 21

Provider approved by the CA Board of Registered Nursing, Provider # CEP15967 for 17 Contact Hours

A confirmation letter, directions to Commonweal, and further retreat information will be sent after the receipt of your registration form and payment.

Cancellation & Refund Policy: A written request for cancellation prior to April 19 will be refunded in full minus a $50 administrative fee. No refunds for cancellation after April 19, 2013.

For Questions: Please email: san@mindfulnessprograms.com or phone Jan at: 831 469-3339

More information about the Commonweal Retreat center can be found at: www.commonweal.org
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Registration Form

Name ____________________________________________ RN License number _______________________________________

Street Address _______________________________________________________________________________________

City, State, Zip _______________________________________________________________________________________

Best phone number to reach you __________________________________________________________ Email address _______________________________________

Emergency contact and phone number _______________________________________________________________________

Special Needs: _______________________________________________________________________________________

Number of years in nursing ____________________________________________ Primary practice area _______________________________________________________________________

What do you hope to take away from this retreat? _______________________________________________________________________________________

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How did you hear about this retreat? _______________________________________________________________________________________

Make checks payable to: A.R.T. Inc. (Awareness and Relaxation Training Inc.)

Please send completed registration form and payment to:

Sacred Art of Nursing
119 Marnell Avenue
Santa Cruz, CA 95062