

# 2019 Spring Retreat, May 24 – 26

<b>Name(s):</b> please print	<b>Address AND Phone Number</b>
2 nights' accommodation and all weekend activities	\$230 per person total price for the weekend
Dietary Restrictions	
Please make your cheque payable to: <b>Calgary Meditation Group,</b> or e-transfer to <a href="mailto:denise_higginson@ajg.com">denise_higginson@ajg.com</a>  Registration is <b>not</b> considered complete until payment and form are received. Space cannot be confirmed without payment.	Mail your cheque with form to:  <b>Calgary Meditation Group,</b> c/o Denise Higginson 632 Montclair Place Cochrane AB, T4C 0A9  Total submitted \$ _____

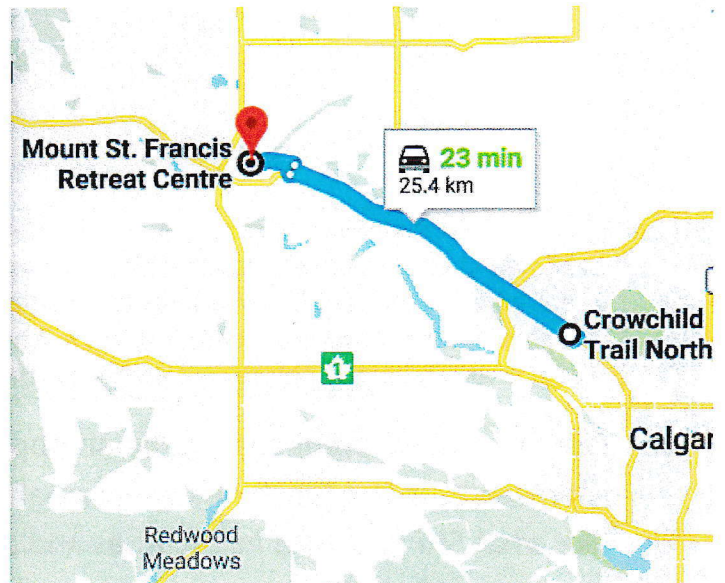
## Crowchild Trail NW

Calgary, AB, Canada

- > Get on Crowchild Trail NW/AB-1A W  
1 min (900 m)
- ▲ Merge onto Crowchild Trail NW/AB-1A W  
 ⓘ Continue to follow AB-1A W  
14 min (20.8 km)
- > Take Retreat Rd to your destination  
8 min (3.7 km)

## Mount St. Francis Retreat Centre

41160 Retreat Rd, Cochrane, AB T4C 1Z6, Canada



Check is in between 2 and 5pm on Friday, May 24.

If you are arriving outside of those hours, please advise Denise at the email above.