



Michigan Holistic Nurses Association

Dear Retreater:

This confirms your registration to MHNA Retreat Sept. 27-29, 2013, "Back to Nature". **Welcome!!!** We are working very hard to provide a fun, enriching, nature filled weekend. **Reminder!** This is a rustic camp atmosphere at Howell Nature Center. Bring loose, thin clothing for your Bowen treatment. The rest of the weekend we will be outside for most of the time, dress casually, in layers, with walking shoes and bring a rain coat. Your meals are provided. There is also a kitchen, refrigerator, and you may bring your own snacks if you have food allergies, preferences etc. Overnight guests are staying at Knoll Lodge: It is a brick building with bunk beds and a bathroom in each room. **Bring:** Linens, blanket or sleeping bag, pillow, and towel, soap for the bathroom and a folding camp chair for the campfire, deck etc. We also will have our "sharing table" please bring a small special item, to share. **Networking:** bring your business card or brochures for your healing service or holistic business if you choose.

In Summary Bring:

Clothes: fall casual, walking boots, rain gear, jacket

Camp chair, snacks. **Linens:** sleeping bag, pillow, towel.

Drum for drum circle Saturday night campfire. Fermented grape juice prn

Directions: Howell Conference and Nature Center

1005 Triangle Lake Rd. Howell, MI 48843

(517) 546-0249 or Rhonda cell 248 345-1485

The conference center is off I-96 exit 137 between Howell and Brighton 5.5 miles south on D-19 (orange sign) then Right on Triangle Lake Rd. (dirt road about 2 miles conference center on left, look for large green sign.

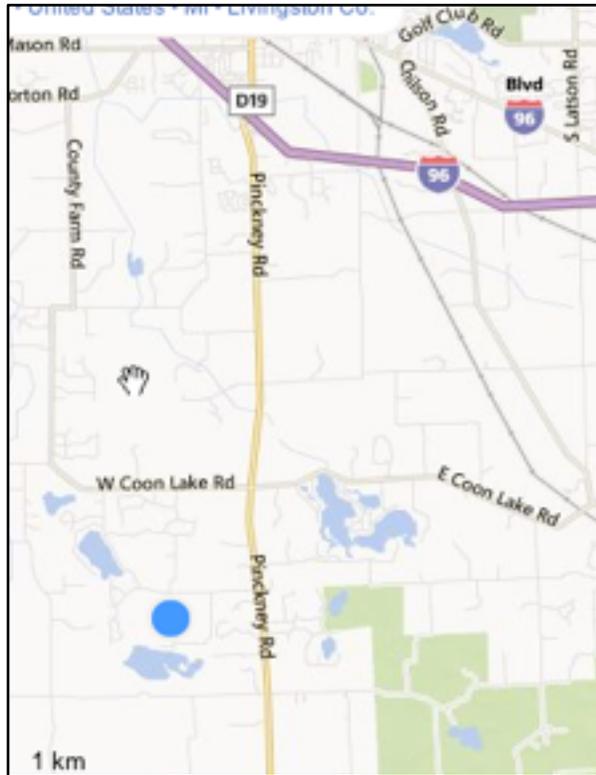
Friday night 5PM check in - go on main road about half mile back to Knoll Lodge parking next to Lodge. Dinner will be served at 6 pm

Saturday 8:30 am check in at the park behind Welcome center and go to Pine View Lodge. Snacks and coffee served 8:30 am.

Location: Howell Nature Center,
1005 Triangle Lake Rd, Howell, MI

(517) 546-0249

howellnaturecenter.org



Here is the link to Howell Nature Center site map to locate Knoll Lodge.

<http://howellnaturecenter.org/wp-content/uploads/2013/05/HNC-Site-Map-2013.pdf>