RMIT Wellness Retreat
Britannia Park, November 25 - 27 2011

Retreat Information

The intention for the Wellness Retreat is to provide an open and supportive forum for noble conversation in noble company and provide an environment where staff and students from the RMIT Master of Wellness program along with undergraduate wellness students, prospective students and families and friends can meet, interact and network in a relaxed, informal environment and participate in experiential workshops and other activities.

Location: Britannia Park, Britannia Creek Road, Yarra Junction

Date & Time
5:00pm Friday, November 25 till 5.00pm Sunday, November 27

Accommodation: Is available in shared rooms, dormitories as well as camping (tents can be provided). Accommodation will be allocated on a first come, first served basis.

Cost: $330 for students/adults and $198 for children aged 12 and under. The costs will cover all food and accommodation (dormitory or camping) along with all activities. Food will be focused on nourishing, healthy, organic vegetarian meals, drinks and snacks.

Transport: Airport transfers from Tullamarine airport leaving around 2.30pm Friday and arriving back around 6.00pm Sunday can be arranged for an additional cost of $25 each way. This must be booked in advance.

Please bring the following:
1. Linen and towels – blankets and pillows provided
2. Sunscreen, insect repellant, torch, walking shoes
3. Musical instruments and an open mind

For more information contact:
Prof Marc Cohen - marc.cohen@rmit.edu.au
Dr Pauline McCabe - pauline.mccabe@rmit.edu.au

Activities (program to be confirmed) will include experiential workshops with RMIT Wellness Course Coordinators and invited experts. Activities include:

- Icebreaker games
- Wellness discussion and workshops
- Networking time and discussions
- Skill sharing opportunities
- Yoga, Meditation & Relaxation
- Positive psychology & Mindbody
- Food preparation & service
- Performance -movement and voice
Wellness Retreat Booking Form

RMIT Training Pty Ltd
A company of RMIT University
ABN 61 006 067 349

Indicate in box the number required for each booking type

<table>
<thead>
<tr>
<th>Course code</th>
<th>Fee (GST inclusive)</th>
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<tbody>
<tr>
<td>RMIT WELLNESS RETREAT – ADULT BOOKING</td>
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<tr>
<td>RMIT WELLNESS RETREAT – CHILD BOOKING</td>
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<td>RMIT WELLNESS RETREAT – AIRPORT TRANSFER</td>
<td>S150090</td>
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Participant details

Title          Given name     Family name               M / F (please circle)

Additional participant(s) Given name     Family name               M / F (please circle)

Postal Address     Suburb        State  Postcode

Phone (1)    Phone (2)    Date of birth   /   /

Email        How did you hear about the retreat?

Billing address

☐ Same as above  ☐ Alternative billing address (complete details below)

Name

Postal Address     Suburb        State  Postcode

Phone        Email

Payment details

☐ Cheque/Money order (payable to RMIT Training Pty Ltd) ☐ Invoice (only available on supply of a company purchase order/letter of authority)

☐ Visa ☐ MasterCard

Card number    /    /    /    Expiry date     /

Cardholder’s name        Signature

Retreat Terms and Conditions

Payment

- Full retreat fee is payable at time of booking.
- Organisations will only be invoiced when a purchase order/letter of authority is supplied with the enrolment form. Invoices must be paid in full within 7 days and prior to course commencement.
- Cancellations notified less than 5 full working days prior to the retreat commencement date will incur a cancellation fee equal to 50% of the full course fee.
- No refunds will be issued after retreat commencement.

General

- RMIT reserves the right to cancel or reschedule any retreat in the event of unforeseen circumstances. In this situation a refund will be offered. RMIT also reserves the right to change retreat program and activities.

☐ I accept these Terms and Conditions Signature [Date]

RMIT Continuing Education (a Business Unit of RMIT Training Pty Ltd) requires the above personal information so it can fully and properly administer your booking in accordance with its policies and procedures. Your information may also be used for related secondary purposes, such as advising you of future short courses and single courses offered by RMIT. At any stage, you can request to no longer receive this material or to access the personal information that is held on you by contacting the RMIT Continuing Education Centre on (03) 9925 8111.

Enquiries and Enrolments

<table>
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<tr>
<th>Phone</th>
<th>Mail</th>
<th>Online</th>
<th>In Person</th>
<th>Fax</th>
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<tbody>
<tr>
<td>9 am – 5 pm weekdays</td>
<td>RMIT Training Pty Ltd</td>
<td>Website</td>
<td>Building 105</td>
<td>Fax enrolment form to</td>
</tr>
<tr>
<td>+61 3 9925 8111</td>
<td>PO Box 12058</td>
<td><a href="http://www.shortcourses.rmit.edu.au">www.shortcourses.rmit.edu.au</a></td>
<td>Level 9, 501 Swanston St</td>
<td>+61 3 9925 8298</td>
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<tr>
<td>A’Beckett St</td>
<td>Email</td>
<td><a href="mailto:enquiries@rmit.edu.au">enquiries@rmit.edu.au</a></td>
<td>Melbourne VIC 3000</td>
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