

BEN LOMOND QUAKER CENTER invites you to our...



Music and Dance Retreat

with participant leaders

December 5 - 7, 2014

Back by popular demand...we will once again be hosting this low-cost weekend with a variety of opportunities to sing, play, dance, and listen to music. We encourage musicians, singers, dancers, and those who just enjoy listening to attend. You do not need any particular dancing or musical talent to enjoy the retreat. **Children are quite welcome!** There will be ample free time for us to enjoy each other's company and the natural beauty of Quaker Center. Most sessions of this program will be participant-led with the exception of a professionally led community dance with live traditional music on Saturday night. Early risers may begin the morning with meeting for worship, a Quaker Center daily practice. Join us for some or all of the following activities.

Friday night, December 6th:

6 pm: Simple dinner (soup, bread, salad)

7:30 pm: Introductions and planning session for workshop activities

8:30 pm: singing from *Rise Up Singing*



Saturday, December 7th:

7:30 am: Quaker meeting

8 am: simple breakfast

9 - 11:30: morning sessions

11:30 am: lunch prep

12:30 pm: simple lunch

1:30 pm: afternoon sessions and free time

5 pm: dinner prep

6 pm: simple dinner

7:30 pm: community dance

9 pm: more singing



Sunday, December 8th:

- 7:30 am: Quaker meeting
- 8 am: simple breakfast
- 9 - 10 am: whole group singing
- 10 - 11 am: final clean up
- 11 am - noon: closing circle and goodbyes



Some possible activities include:

- ♫ Hymn singing
- ♫ International folk dancing
- ♫ Childrens' songs
- ♫ Instrumental jamming
- ♫ DooWop singing

-----Detach Here-----

**Please complete and return this form to: Quaker Center, Box 686, Ben Lomond, CA 95005
Or register online at www.quakercenter.org or email us at mail@quakercenter.org**

Family Name: _____ **Names of all attending:** _____

Address: _____

City & State _____ **Zip:** _____ **Phone:** (____) _____

E-mail: _____

Medical or ethical dietary restrictions: _____

Accommodation needs: _____

Costs: We will be preparing our own meals making Quaker Center's expenses for this weekend much lower than usual, so we are offering a lower sliding scale than we do for more formal programs.

Sliding scale: \$60-\$140 per person

I/we plan to pay \$ _____ per person

Total amount enclosed: \$ _____

QUAKER CENTER

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