

We are so glad to have you with us for *The Wakeful Body: Somatic Mindfulness as a Path to Freedom* course. We recognize the value of community and appreciate that you'll be with us for the next six months.

What's next...

Lama Willa has designed the course with the understanding that the energy and support that comes from small-group interaction will be of great value during the six months that we will be together. With that in mind, we will be forming Home Groups, assigning people to practice cohorts that will work together throughout the course.

We understand that Lama Willa's book, *The Wakeful Body: Somatic Mindfulness as a Path to Freedom*, is out of print at the publisher, Shambhala Publications. No worries! It's available at many other outlets. Just google the book's name to find out where you can purchase it.

Within a week of registration...

- If this is not the email address you want shared with your Home Group, please send us an alternate email address.
- If you and another member of your household are sharing a computer, please let us know both names so you can be paired in the same group
- If you are not planning to engage in a group, please notify us and we'll take you off the list.
- Let us know if you need to opt out, or if your email address changes, at any time during the six months.

After registration...

- Be on the lookout for an email from Wonderwell Mountain Refuge giving you the names and email addresses of the people in your Home Group. Because you are registering after the course has begun, the timing of this email will depend on when enough people have registered to form a group.
- Contact your group members to set up your first group meeting.

Please Note: *If we don't hear from you, we'll presume that we can go ahead and place you in a group and provide your email address to other group members.*

Finally, if you have any questions, **please email the registrar** at retreats@wonderwellrefuge.org.