

The Body-Mind Centering Association
presents

THE ANNUAL SPRING CONFERENCE

"BMC and BEYOND"

☆☆☆☆☆☆...*Making BMC our Own*...☆☆☆☆☆☆

May 8-10, 1992

at the Deer Hill Conference Center
Wappinger's Falls, New York

☆ How can we empower ourselves to do the work? ☆

☆ How can we more fully integrate BMC into our lives and work? ☆

☆ How can we educate and serve our communities through BMC? ☆

☆ How can BMCA better support and further our work? ☆

*Fee: \$120.00 (Members of BMCA only - you may join below)
Space is limited. Please register by April 17th to insure a place.
See back of flyer for directions to Deer Hill Conference Center.*

For further information, call Roberta Roll at (518) 329-0384

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**registration form**

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone (day) \_\_\_\_\_ (eve) \_\_\_\_\_

Special Dietary or Other Needs \_\_\_\_\_

Deposit Enclosed \$ \_\_\_\_\_ → (\$60.00, non-refundable, or pay in full) ←

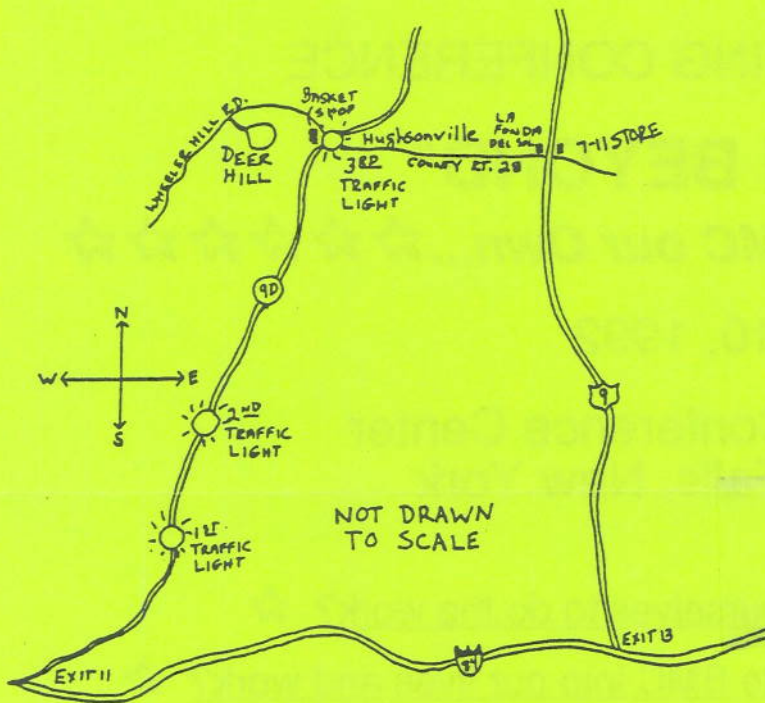
Linen Charge \_\_\_\_\_ → (\$5.00 or bring your own) ←

Membership Dues (\$35.00) \_\_\_\_\_

Office Use Only

**TOTAL** \$ \_\_\_\_\_ paid\$ \_\_\_\_\_ ch \_\_\_\_\_ cash \_\_\_\_\_ bal due \_\_\_\_\_

## How to Get to Deer Hill



### From the Taconic or from Route 684

- West on I-84 (Toward Beacon/Newburgh) to Exit 11 (Beacon/Wappingers Falls).

### From the NY State Thruway

- I-84 (Toward Beacon/Danbury) to Exit 11 (Beacon/Wappingers Falls).

### From Exit 11:

- North on Rte. 9D to third traffic light (approx. 5 miles)
- Left (West) County Rte 28. Basket Shop on corner
- Proceed to fork in road.
- Bear left at fork on to Wheeler Hill Road
- The first driveway on the left is the entrance to Deer Hill Conference Center. There is a red house at the entrance, left of the driveway.
- Left onto driveway. Bear right at the fork in the driveway.
- Proceed to Sherwin House to register.

### Metro North Train Service

- Take Poughkeepsie train on the Hudson Line.
- Get off at New Hamburg station.
- Call local taxi service.

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**BMCA**  
c/o Roberta Roll  
RR 1 Box 193A  
Copake, N.Y. 12516