

# Registration Form for SelfMatters.org Workshops

**Specify the workshop that you are signing up for:**

\_\_\_\_\_ **Calm Your Inner Critic & Quiet Your Anxious Mind**  
Saturday, January 30, 2010, 9:30am-4:30pm  
Raphaela of Mary Retreat Center, Haverford, PA  
Please bring a bag lunch.

**Name:**

**Email Address:**

**Street Address:**

**Phone #:**

**Cell Phone #:**

**Workshop Title:** Calm Your Inner Critic & Quiet Your Anxious Mind

**Fee:** \$150

**Please send registration form and check (made out to Jane Shure or Beth Weinstock) to:**

Jane Shure  
214 East Gorgas Lane  
Philadelphia, PA 19119  
215-849-3153

**For more info:**

[Jane@SelfMatters.org](mailto:Jane@SelfMatters.org) 215-849-3153  
or [Beth@SelfMatters.org](mailto:Beth@SelfMatters.org) 610-664-2996