

BC Graduate Intersections

The Tightrope and the Trapeze: Tools for Building a Balanced Life

With the demands of school, work, family, and friends has your life become a balancing act?

Learn ways to reduce stress, fight anxiety, and maintain your equilibrium during this overnight program in beautiful Ashland, MA. You'll have the opportunity to meet other students and learn valuable skills to combat tension and navigate the tightrope. A variety of tools will be offered for participants, from time management and meditation to poetry and Ignatian reflective practices. Learn from each other and from student and faculty facilitators.

Where and When:

The Warren Inn and Conference Center, Ashland, MA, October 24-25, 2009. We will depart at 8:00am on Saturday, October 24th from the Murray Graduate Student Center. We will return to campus on Sunday, October 25th at 2:00pm.

Who:

All currently enrolled BC graduate and professional students are welcome to apply for this program.

Details:

Transportation, Meals and Lodging are all provided. The program is free, but students must apply to participate and submit a \$50 refundable deposit with the application. Students will be notified of their acceptance on 10/12 and must confirm their attendance by 10/14. Those who cancel after 10/14 will not receive their refund.

RSVP:

The application is due on **10/9/09** and is available at:
http://www.bc.edu/offices/gsc/graduate_Intersections.html

Questions? Contact Joy via email at joy.galarneau@bc.edu or phone at (617) 552-1851.



BC Graduate Intersections

The Tightrope and Trapeze: Tools for Building a Balanced Life (October 24-25, 2009)

Application: The Application Deadline is *October 9, 2009*. Fill out the attached application and return it to Joy Galarneau at Murray House, 292 Hammond Street, Chestnut Hill, MA 02467. Be sure to include your \$50 refundable deposit. Students will be informed of their selection on 10/12 and must confirm by 10/14. Those who cancel after 10/14 will not receive their refunds. The selection process is competitive, so please take care as you complete your application. To promote balanced participation we will hold at least one spot per graduate and professional school. Questions? Contact Joy via email at joy.galarneau@bc.edu or telephone at (617) 552-1851.

Name: _____ Date: _____

BC Program/School: _____

Degree Seeking (circle one) MA PHD Anticipated Graduation Date: _____

Current Address: _____

Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Special Dietary Needs: _____

Allergies: _____

Do you own a car? YES NO If yes, would you be willing to carpool? _____

What about BC Grad Intersections interests you? What are your expectations for this retreat? (continue on the back or attach a second sheet) _____
