



## Guidelines

### ARRIVAL & DEPARTURE

Registration is from 8:30am - 8:55am. The program will start promptly at 9:00am on August, 7, 2021. The schedule is tight and we will be mindful of both presenters and participant's time. The program ends at 3:00pm. Please adhere to the schedule to prevent disrupting the experience of the other participants.

### INTENTIONAL QUIET

The retreat is meant to be a quiet, relaxing, reflective day focused on your wellness. To ensure that experience we ask that you help us create a silent space in which everyone can rest their mind and heart. There will be times when whispered conversation and fully expressive connection will be invited.

### FOOD

Participants will help in the preparation of a healthy, nutritious lunch. If you have food allergies or sensitivities contact Rebekah Zehr, [saladvantage@outlook.com](mailto:saladvantage@outlook.com), so she can accommodate your needs.

Beverages and snacks will also be provided. Please bring a water bottle.

### ATTIRE

Dress in comfortable attire that allows for freedom of movement. Some of the programming will be held outdoors - weather permitting so please dress appropriately.

### SCENTS

A tolerance for various scents and aromas is a must to take full advantage of the sessions so please refrain from wearing perfume or strongly-scented deodorants to avoid conflicting fragrances. Also senses may be heightened during the retreat.

### CELL PHONES

Please leave your phone, and other electronic devices, in your vehicle, or on silence, for the duration of the retreat. Let family and friends know you will be unavailable during the day.

### RETREAT ETIQUETTE

The retreat is designed as a place to focus on, experience and learn ways to naturally support your health and well-being. Please honor and respect the silence, space, and time of other participants.

### WHAT TO BRING

Water bottle, pen, and a pair of pruners or clippers (if possible)

### MEDICAL

A basic first aid kit will be on premises in case of non-serious ailments or injuries. In the event of a medical emergency, we will call 911.

If you have a medical condition that we should know about, please contact us in advance of the retreat.