



## **Blue Ridge Meditation Retreat August 22-25, 2019**

### **About this Retreat and FAQs**

#### **When exactly does the retreat begin and end?**

This is a four day retreat:

*Check in Thursday* ~ late afternoon or early evening

*Check out Sunday* ~ after lunch

#### **Where is the retreat located?**

This retreat will be at the Heartwood Retreat House in the Blue Ridge Mountains near the city center of Blue Ridge. It is about 100 miles from Atlanta. Please consider the traffic on a Thursday afternoon when you plan your trip. If you would like to carpool, please contact me and I can help you find a fellow retreatant to ride along with or pick up.

#### **Is lodging included in the price?**

Yes. Price includes lodging, all meditation and yoga classes and all meals. All prices are per person. These prices assume double occupancy for each room. The Heartwood Retreat House has 6 bedrooms with two single beds in each room.

If booking a shared room, you can request a roommate on your registration form or we will pair you with an awesome roomie. If booking a shared room, please have both attendees name the other on registration form. Please be prepared to share a bathroom.

#### **What about food?**

All meals are included in the retreat price. The cuisine will be vegetarian and provided by the amazing chefs at Heartwood Retreat Center. Please include in your registration information any dietary restrictions or allergies that we will need to be aware of during the retreat.

#### **Do I need to be meditating regularly already to participate?**

No. All are welcome! Classes will cater to both the beginner and seasoned practitioner.

### **What other classes besides meditation will be offered?**

**Meditation:** Cheri will be your meditation teacher. The instruction will be appropriate for beginners and advanced meditators alike. No particular tradition will be favored. In fact, the goal of the retreat is to learn many different types of meditation so the retreatant has many options for practice. On the last day, making meditation a healthy habit that lasts will be covered in a group hypnotherapy session and other lessons, as well.

#### **Yoga:**

Yoga will be taught by the lovely Christina Law. It will be appropriate for both beginner and advanced yogis with an emphasis on preparing the body to sit comfortably for meditation sessions.

#### **Massages:**

Massages also by Christina Law who specializes in Thai massage, will be made available to schedule during retreat downtimes. Massages start at 60 minutes for \$75 and are optional and extra, that is, they are not covered in the retreat cost. Christina has an associate that is available for Reiki Hypnosis and Sound Healing Massages also starting at \$75 for 60 minutes.

### **What should I bring?**

I will send a detailed email to all retreatants a week or so before the event. Here is a general list for now:

All toiletries

Comfy clothing for yoga, meditation and walking

Hair dryer

Sunscreen

Bug spray

Walking shoes/Water shoes

Water bottle

Watch

Robe

Bathing suit

Journal/Something to write on and with

Check, Venmo or PayPal for massages

Pair of earbuds or headphones (whichever is more comfortable for you) and a way to plug them into your smartphone

*The following items are optional:*

\*Extra Towel/wash cloth

\*camping chair

\*meditation cushion

\*sticky mat for yoga

Anything else to help you feel comfy and lovely

\* Only if you have a favorite of this item and can't live without it because these items will be provided for you. :)

### **What should I leave at home?**

- Any controlled substances *including alcohol*.

### **What should I do to prepare for the retreat?**

Check the weather!

You will be asked to download an app a week before the retreat. Wifi may be spotty in the mountains so please download the app before your arrival.

### **What should I expect?**

This is an immersion retreat into the practice of silence and the cultivation of a new healthy meditation habit that lasts. Please plan to arrive before the first class of the retreat begins on Thursday and leave after the last class on Sunday as a courtesy to the other retreatants. Wifi services and mobile services will be iffy as we will be in the mountains. Consider this a present from the universe and an opportunity to be completely unplugged. :) However, because of this, please download all apps requested of you in information email *before* you arrive in the mountains on a device that can accommodate headphones or earbuds. Again, *this is an alcohol and drug free retreat*.

### **Any final thoughts?**

Retreats are more than just a way to hone your meditation practice. It is an opportunity to commune with lovely souls that are on a spiritual journey just like you. It is a wonderful way to learn more about meditation and how to integrate it into your life as a healthy, new habit that lasts a lifetime. I am honored to have you join me on this meditation immersion weekend. Retreats are my very favorite thing and so hope you find the love, peace, calm and knowledge that you seek here with me and my staff on our retreat in the gorgeous Georgia mountains!

Much Love and Light to You,

Cheri