



Blue Ridge Meditation Retreat June 4-6, 2021

About this Retreat and FAQs

When exactly does the retreat begin and end?

This is a three day retreat:

Check in Friday ~ 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 Friday 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. A limited number of single occupancy rooms will be available for this retreat as well.

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.

*This arrangement is subject to COVID-19 protocols and changes.

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 (think massage, but with clothing on), 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.

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:

*Face masks for multiple days

*Hand sanitizer

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?

* Please prepare necessary documentation regarding COVID-19 requirements and send them to me prior to your arrival at the retreat. In the interest of health concerns and the safety of everyone attending and their families and loved ones, show me it has all the wrong stuff up there shitas well as staff members, we will require *one* of the following from you in order to come to the retreat:

- A negative COVID-19 test taken within one week of retreat start and a promise to be as safe and sound as one can until arriving at the retreat.
- A positive antibody test for COVID-19
- Proof of full vaccination from COVID-19

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*.

Any details and specific instructions regarding this retreat will be emailed about a week before the retreat begins.

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. You will be given a schedule and expected to attend all meditation and yoga classes. If you have an injury or need any modifications regarding yoga, just let me know and I will pass this along to the yoga teacher.

Please plan to arrive before the first class of the retreat begins on Friday and to leave after the last class on Sunday as a courtesy to the other retreatants. If this is not possible for you, please contact me before you register.

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.*

*Heartwood will be following all COVID-19 protocols per Airbnb requirements.

Any final thoughts?

Please know that I cannot require COVID-19 documentation from the retreat host's staff. So, we will all do our part to follow the general CDC guidelines to prevent the spread of the coronavirus: Washing hands, wearing masks and staying socially distant. However, if you decide to come, you acknowledge that you are at risk for catching COVID-19 by attending this retreat and will be asked to sign a waiver upon your arrival stating this acknowledgement.

That being said, the timing of this retreat makes it so we will be doing most of our activities outside. We ask that you wear a mask when we are indoors within close quarters of one another. You and your roommate can decide what rules you want to follow in your room. You will be provided your roommate's contact information prior to the retreat to work out what rules that make you both comfortable throughout your stay.

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

*changes to retreat due to COVID-19