



Blue Ridge Mountains: Meditation and Yoga Retreat

About this Retreat and FAQs

When exactly does the retreat begin and end?

This is a four day, three night retreat:

Check in and settle in Thursday ~ 4-6pm (first event at 6pm)

Check out Sunday ~ 2:30-3pm

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 retreat attendee to ride along with or pick up.

Is lodging included in the price?

Yes. Price includes all meals, lodging and all meditation and yoga classes. All prices are per person. 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.

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, as well.

Yoga:

Yoga will be provided by the wonderful Cindy Dollar. Cindy is an Iyengar teacher out of Asheville, North Carolina. Yoga will be appropriate for both beginner and advanced yogis with an emphasis on preparing the body to sit comfortably for meditation sessions.

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:

Hand sanitizer

All toiletries

Comfy clothing for yoga, meditation and walking

Hair dryer

Sunscreen

Bug spray

Walking shoes/Water shoes

Water bottle

Watch that does not beep or vibrate

Robe

Towel

Flashlight (headlamp or hug light is best)

Bathing suit or something that can get wet for the sauna or hot tub

Anything else to help you feel comfy and lovely

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

The following items are optional because we will provide these items for you:

*camping chair

*meditation cushion

*sticky mat for yoga

*Journal/Something to write on and with

What should I leave at home?

- Any controlled substances *including alcohol*.

What is the COVID-19 lowdown?

In light of the rapid spread of the Covid-19 virus, we have implemented new practices in an attempt to keep everyone safe and sound. The following is subject to change as we monitor the spread and take into consideration CDC guidelines.

- * You may need to bring negative test results with you to the retreat from a COVID-19 test performed in the three days prior to the retreat.
- * You agree to be tested for COVID-19 upon arrival to the retreat.

Please note that if you are tested on site and the result is positive, we will not be able to allow you to participate in the retreat or stay at Heartwood.

Anyone unable to attend the retreat or leaving the retreat as a result of a positive COVID test upon arrival will be fully refunded.

Heartwood staff will be following all COVID-19 protocols per Airbnb requirements and CDC guidelines in an effort to prevent the spread of COVID-19.

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*.

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 Thursday and to leave after the last class on Sunday as a courtesy to the other retreat attendees. The vibe really relies on everyone's attendance. 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*.

Any final thoughts?

There is a 6-8 minute walk to each class outside surrounded by lovely nature. If you are unable to walk, it is just a quick drive.

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!

With Metta,

Cheri