

## **Jekyll Island Beach Meditation Retreat**

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

When exactly does the retreat begin and end?

This is a 3 night, 4 day weekend:

Check in and settle in Thursday ~ First event around 6pm or 7pm ~ Last class on Sunday AM before hotel check out times

There will be 1 class on Thursday evening

3 classes (morning, afternoon and evening) on Friday and Saturday

And 1 class on Sunday before checkout.

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

This retreat will be at Jekyll Island. It is about 350 miles from Atlanta. If you would like to carpool, please contact me and I may be able to help you find a fellow retreatant to ride along with or pick up. If you are interested in sharing a hotel room or rental, let me know and I can put you in touch with someone wanting the same.

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

No. We will be doing yoga and meditation all over the island. So you are welcome to stay wherever you like! My favorite place to stay is at the Holiday Inn Resort. It is right on the beach, has reasonable prices, is appropriate for families and dog friendly. This is where a few of our classes will be, so it is a “home base” of sorts.

### **What about food?**

All meals are on your own...the rooms at the Holiday Inn have partial kitchens.

### **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.

### **Yoga:**

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 that I use for all retreats, so be sure to check on what your particular lodging choice offers.

Face masks

Hand sanitizer

All toiletries

Comfy clothing for yoga, meditation and walking  
Head lamp or small flashlight  
Sunscreen  
Bug spray  
Walking shoes/Water shoes/flops  
Water bottle  
Watch that does not beep or vibrate  
Journal/Something to write on and with  
Beach chairs and beach accessories  
Sticky mat for yoga  
Cushion, pillows, or towel for beach meditation/yoga (I will bring backpacks for everyone)  
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 them into your smartphone. Please have a backup plan for bluetooth.

### **What is the COVID-19 lowdown?**

In light of the rapid spread of the variants of the Covid-19 virus and all of the constant changes we have implemented new practices in an attempt to keep everyone safe and sound.

- \* You *may* need to bring **negative test results** with you to the retreat from a COVID-19 test performed 48 hours prior to the retreat. I will let you know a week beforehand.
- \* You must agree to be **tested for COVID-19 upon arrival** to the retreat. I will let you know if we are implementing this practice well ahead of time.

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. Anyone leaving the retreat as a result of a positive COVID test will be fully refunded for the cost of the retreat.

Note that free Covid tests are available for both insured and uninsured individuals at this time. In light of Omicron, we're keeping an eye on testing supplies. Contact your local health department if you need some guidance. You can also purchase your own at home testing kit – Binax Now.

*Leading up to the retreat, we will re-assess COVID-19 protocol to ensure the safest scenario for all attendees. These requirements are subject to change.*

### **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 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 a retreat unlike my other retreat, in that you will be enjoying a lovely, long weekend on Jekyll Island but just sprinkled with occasional yoga and meditation classes to attend in the most beautiful places that we choose on the island. Expect 2 to 3 meetings each day.

You will be given a schedule and expected to attend all meditation and yoga classes. You will have lots of down time to enjoy the company of anyone who comes with you and the gorgeous island as well.

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 retreatants. If this is not possible for you, please contact me.

Please download all apps requested of you in information email before you arrive at the beach on a device that can accommodate headphones or earbuds.

### **Any final thoughts?**

Although you are welcome to bring your family and friends (keep in mind that Jekyll is known for it's dog friendliness) and enjoy a beautiful long weekend at the beach *only retreatants who have paid and registered for will be welcome at the scheduled meditation and yoga classes*. Please keep in mind that these classes are for adults only.

I am doing everything I can to make this feel like a break from the pandemic, however I cannot account for nature. If you decide to come, you acknowledge that you are at risk for catching COVID-19 by attending this retreat and may be asked to sign a waiver upon your arrival stating this acknowledgement.

That being said, the timing and location of this retreat makes it so we plan to do all of our activities outside.

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 long 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 on gorgeous Jekyll Island.

Much Love and Light to You,  
Cheri