



## Retreat Details

Please read carefully

**OVERVIEW:** This retreat is open to men, women and couples. Participants are expected to partake in all activities to gain full benefit and unique retreat experience. It is designed to include a balance of body, mind and spiritual expansion & personal growth with daily yoga, guided meditations, self-reflection, soul-inspired workshops, activities and time for rest and relaxation in and outdoors.

**SCHEDULE:** Please plan to arrive between **4-6pm Friday, October 25th, 2019** to ensure program starts on time. A **light dinner will be served between 6-6:45pm** followed by **program start at 7:15pm SHARP**. Please kindly respect the program schedule and please be on time. Retreat Program will end between 12-2pm on Sunday afternoon.

**MEALS:** VEGAN meals and snacks will be provided, starting with a light dinner Friday evening and ending with Sunday Lunch. We have a wonderful Vegan/Raw Chef, catering our food for the weekend made with love, deliciously nutritious and detoxifying to the body. Expect to feel good all weekend 😊  
\*For any allergies & dietary restrictions please notify us upon registration and we will be happy to meet your needs\* Please indicate on the Registration FORM that will be emailed out to each participant enrolled prior to retreat to ensure these specifications are met.

**ACCOMMODATIONS:** Maple Valley Retreat Center in Orillia, ON, consists of three buildings: Main House, Rustic Sugar Cabin and Private Bunker for lodging. All buildings are walking distance from each other and consist of a mix of private and shared rooms, all very clean and cozy, with shared bathrooms and clean bedding provided. All lodging photos and descriptions are posted.

**\*\*Please note that the CABIN & BUNKIE are RUSTIC and have either a luggable-loo or an out-house for use. If this not suitable to you please see the MAIN HOUSE accommodations. Rooms are on a 'first paid, first serve basis'.\*\***

**ACTIVITIES:** The weekend includes a mix of indoor and outdoor activities **regardless of weather**. Please ensure you are packed and well-prepared for all types of weather, activities and equipped for comfort. Outdoor activities can include meditations, yoga, sitting around the fire, star-gazing, hiking etc.

**DIGITAL DETOX:** We invite you to unplug and detox from technology, cell phones, TV, radio, laptops, readers or any electronic devices and recommend not to be used while your stay with us. We want to ensure you receive the full experience. In order to engage and embrace the retreat entirely, this is our recommendation. By doing so, we can assure, you will walk away feeling more connected, empowered and feeling good.

**EXPECTATIONS: No alcohol or recreational drugs allowed!** Smoking is only permitted in designated areas outside of the main house with reasonable space given to the other proximal participants and respect to the environment.

**What to Bring:** A full retreat checklist will be provided well in advance to assist with packing and preparation for the weekend. Premises are safe however we suggest leaving valuables at home.

**REGISTRATION & PAYMENT:** To ensure the quality and intimacy of this retreat there are limited spots available therefore confirmed registrations are on a **'first paid'** basis along with a signed registration form. **Please note registration closes 3 weeks before retreat date – October 4<sup>th</sup>, 2019.**

**COST OF RETREAT / PAYMENT:** The cost for the retreat is varied depending on preferred lodging experience. See above for tiered pricing.

To register, please CLICK the **Sign Up** directly on the website, which will bring you to our EVENTBRITE REGISTRATION link to register and pick your lodging experience, to reserve a spot with payment. Once confirmed, completed registration form and payment is due.

If you have any questions before registering you can contact **Vita** to ensure this retreat is the right fit for you. Please call (705-331-1184) or email [vita@thehappinessgoddess.ca](mailto:vita@thehappinessgoddess.ca)

**PAYMENT OPTIONS:** Pay in full or opt-in to a payment plan of two equal payments plus 1 surcharge of \$25 with final payment due by **August 31st, 2019.**

#### **REFUND & CANCELLATION POLICY:**

1. If you cancel for any reason **with less than 2 months (60 days) notice** you will NOT receive refund nor a credit. If you cancel **with more than 2 months (61+ days) notice** you will receive a PARTIAL REFUND of 50%.
2. Exception to the RULE: (Registration can be Transferred) If you have someone to take your spot, they must pay the same rate in full in order for you to receive a Partial Refund of 75%.  
\*All changes must be in writing to [vita@thehappinessgoddess.ca](mailto:vita@thehappinessgoddess.ca) and approved by Vita first\*
3. There are no exceptions to this policy. Please ensure you are able to attend the retreat before booking (unless exception to the rule is applied).

#### **Cancellations Dates:**

- 2 Months or More (61 + Days): 50% Refund Applies ~ on or before August 24th
- Less than 2 Months (60 Days): No Refund ~ August 25<sup>th</sup> or after

**FORMS OF PAYMENT:** payment methods are available directly on Eventbrite link.

**COACHING:** Private coaching is not required but **highly recommended** to support a greater transformation. For this purpose, a 10% discount towards any coaching package is reserved for any retreat participant to use prior or immediately after the retreat (must be purchased before retreat start date). For more details on package available, please visit: <http://www.thehappinessgoddess.ca> or book your free Clarity Call by clicking **here** and let's chat.

**RETREAT ADDRESS:** Maple Valley Retreat Center, 2254 Telford Line, Orillia, ON L3V 6H3 (Look out for sign 'Rancho Relaxo') **\*Not mailing address- please contact Vita if mailing registration\***

**LIMITED SPACE:** To ensure a sacred retreat, unique experience and individual attention only **10-14 SPOTS** are available for this retreat.