

FAQ'S



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FULL CIRCLE

Frequently Asked Questions

You Have Questions. We've Got Answers.

Full Circle is a little different from a hotel, Airbnb, traditional retreat center—or really anywhere else you may have stayed. We're an intentionally created retreat sanctuary tucked into five private acres bordering the Withlacoochee State Forest in Inverness, Florida.

Whether you're considering hosting a retreat, attending one of ours, or simply wondering how things work around here, we've gathered some of our most frequently asked questions below.

ABOUT FULL CIRCLE

What exactly is Full Circle Retreats?

Full Circle is a nature-based retreat venue, sanctuary, and rescue farm created specifically for retreats, connection, creativity, rest, and meaningful experiences.

We host independent retreat leaders who bring their own groups and programs to Full Circle, and we also offer select Full Circle-hosted retreats, workshops, sound baths, day experiences, and other special events throughout the year.

We are not a hotel, Airbnb, or traditional event venue. Full Circle was intentionally created for retreat work—and we work pretty hard to protect the peaceful, welcoming energy that makes this place feel different.

Where is Full Circle located?

We're located in Inverness, Florida, on Florida's beautiful Nature Coast. The property sits on five secluded acres bordering the Withlacoochee State Forest, giving our guests the feeling of being tucked away in nature while still being within easy driving distance of restaurants, grocery stores, and other necessities.

How many people can Full Circle accommodate?

Our property can accommodate 23+ overnight guests using a combination of accommodations inside the Main Retreat House, furnished yurts, and our private Sleep Sheds.

Not every retreat needs to be that big! We host intimate gatherings as well as larger groups, and we'll help retreat hosts determine the best sleeping configuration for their particular group.

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What amenities are available?

Quite a few! Depending on your retreat or experience, you may have access to our private pool, Himalayan Salt Cave, covered forest yoga platform, Zen Den, meditation labyrinth, Arts & Crafts area, forest trails, gathering spaces, rescue farm, firepits, and more.

Our Main Retreat House also offers multiple gathering spaces, a large kitchen and dining areas, and flexible spaces for workshops, yoga, circles, meetings, and good old-fashioned hanging out.

Visit our Explore the Property page for the grand tour.

Can I rent Full Circle to host my own retreat?

Absolutely. In fact, that's a huge part of what we do.

Full Circle works with retreat leaders, wellness professionals, coaches, yoga instructors, therapists, healers, organizations, and other facilitators who want a beautiful, intentional space to bring their own retreat vision to life.

Your retreat remains yours. You create your program, invite your guests, set your pricing, market your retreat, and lead your experience.

Our job is to provide the space—and support you in using it well.

Does Full Circle help me plan my retreat?

Yes.

When you host here, you're not simply handed a key and wished good luck.

Full Circle's creator and owner, Christina Baker, serves as a trusted partner throughout the hosting experience. From early planning and logistics to accommodations, meals, scheduling, property flow, amenities, and those little details you don't know you need to think about until you've hosted a retreat, you'll have someone here who understands the property and understands retreats.

Your retreat is still yours to facilitate. Christina's role is to help make hosting it at Full Circle feel easier, more supported, and a whole lot less overwhelming.

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Will Full Circle market my retreat or fill my guest spots?

Retreat hosts are responsible for marketing their retreats, registering their guests, collecting guest payments, and filling their own retreat.

We're happy to provide photos, property information, and other resources you can use in your marketing. Depending on the retreat and our agreement, we may also share select events with our community, but Full Circle does not guarantee registrations or attendance for independently hosted retreats.

If Full Circle is producing or co-hosting the retreat, that's different—and those responsibilities will be clearly established ahead of time.

Do I need previous retreat-hosting experience?

Not necessarily.

We've worked with experienced retreat leaders as well as people bringing their first retreat vision to life. If you've never hosted before, having an experienced retreat property owner available to help you think through logistics can be especially valuable.

What matters most to us is that your retreat and your intentions are a good fit for Full Circle.

Can I tour the property before booking?

Yes. Property tours are available for serious prospective retreat hosts by appointment.

Because Full Circle is also our home, working retreat venue, and sanctuary for our animals and guests, we don't offer general drop-in tours.

Can I bring my own facilitator, chef, massage therapist, yoga instructor, or other practitioner?

In many cases, yes.

We also have a network of trusted practitioners and professionals who can be added to your retreat, including options such as yoga, massage, sound baths, forest bathing, Reiki, facials, ionic foot detox, equine experiences, and more.

Talk with us about what you're envisioning and we'll help you determine what makes sense.

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Is food available?

Yes. Retreat hosts can choose from chef-prepared meal options or make arrangements to provide their own food or approved chef. We can accommodate a variety of dietary preferences and will discuss food needs during the planning process. And yes—there will be coffee. We understand priorities.

Do you allow alcohol?

Full Circle is primarily a wellness-focused retreat environment, and alcohol is not a central part of our experiences. If you're hosting a private retreat and would like alcohol to be part of your gathering, please discuss it with us during planning so we can decide together.

ATTENDING FULL CIRCLE

How do I find retreats or events I can attend?

Check our Retreats & Experiences calendar for Full Circle-hosted retreats, day retreats, sound baths, workshops, community gatherings, and other upcoming experiences.

It's important to note that many retreats held at Full Circle are privately hosted by independent retreat leaders. Those hosts handle their own registration, pricing, and guest communication.

If an event is open for registration directly through Full Circle, we'll make that very clear.

Do I have to attend a structured retreat to stay at Full Circle?

Not always.

Throughout the year, we offer limited opportunities such as our Solo Reset Retreats for people who want the Full Circle experience without a heavily scheduled retreat.

These are intentionally simple: come rest, wander, read, float in the pool, visit the animals, explore the property, or do absolutely nothing for a while.

Sometimes doing nothing is the retreat.

Is Full Circle women-only?

Many of our Full Circle-hosted overnight experiences are created specifically for adult women, but Full Circle itself is not exclusively a women's venue.

Private retreat hosts may bring groups that include men, and some Full Circle events and experiences are open to both men and women. Each event listing will clearly indicate who may attend.

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Can I just come hang out for the day?

Sometimes!

We occasionally offer day passes, day retreats, workshops, community events, and other opportunities to experience Full Circle without staying overnight.

Because we're a private retreat property, we aren't open to the general public for drop-in visits. Check our calendar for current opportunities.

STAYING AT FULL CIRCLE

What are the sleeping accommodations like?

Guests may stay in one of our four ensuites inside the Main Retreat House, one of our furnished yurts, or one of our cozy Sleep Sheds. Main House rooms can be configured as private or shared accommodations depending on the retreat. Each ensuite has its own private bathroom, individual air-conditioning system, bamboo sheets, sound machine, and thoughtful sleep amenities.

Our outdoor accommodations offer a more immersive connection with the property and surrounding forest.

Do the yurts have bathrooms?

Our yurts and Sleep Sheds do not have private attached bathrooms. Guests staying in outdoor accommodations use either the outhouse with a composting toilet and rain shower or they can use the two bathrooms and shower in the Zen Den.

If having a private ensuite bathroom is important to you, choose an indoor accommodation when that option is available.

Is Full Circle accessible?

We do have a downstairs bedroom in the Main Retreat House with an accessible shower and safety bars in the separate lavatory. However, Full Circle is a five-acre natural property with grass, sand, uneven terrain, forest paths, and outdoor spaces that may not be accessible to everyone. If you or someone in your group has specific mobility or accessibility needs, please contact us before booking so we can have an honest conversation about whether the property will work comfortably and safely for you.

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What should I bring?

Comfortable clothes, practical shoes, a swimsuit if you plan to use the pool, and whatever helps you feel at home.

Once you're registered for a retreat or overnight experience, you'll receive more specific information about what to bring based on your stay.

Leave the stilettos at home. The forest is unimpressed by them.

THE RESCUE FARM

Are there really animals roaming around?

Oh yes.

Full Circle is also home to our rescue farm, including horses, goats, free-range chickens, and other four-legged and feathered members of the Full Circle family.

Their presence is part of the experience here—not a separate attraction tucked away somewhere on the property.

Can I interact with the animals?

Depending on your retreat or experience, there will be opportunities to visit and interact with some of our animals.

However, this is their home first. Interactions always happen with respect for the animals' boundaries and under the guidance of Full Circle.

Why does Full Circle accept donations for the animals?

Caring for rescue animals is expensive. Feed, hay, veterinary care, farrier services, medications, fencing, shelter, and everyday care add up quickly.

Donations to the Full Circle rescue farm help offset those expenses, which in turn **helps us keep the cost of retreats** and experiences more accessible.

We call it The Full Circle Effect:

You help care for the animals. The animals help care for this space. And this space helps care for people.

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A FEW MORE THINGS YOU MAY BE WONDERING...

Is Full Circle a religious retreat center?

No.

Full Circle welcomes people from many different backgrounds, beliefs, spiritual traditions, and walks of life. Some retreats held here may include spiritual components, while others may focus on wellness, creativity, professional development, yoga, connection, grief, personal growth, or simply rest.

The beliefs and content of independently hosted retreats belong to their individual facilitators and do not necessarily represent Full Circle.

Is Full Circle a medical or mental health facility?

No. Full Circle is a retreat venue and wellness sanctuary, not a medical, psychiatric, or clinical treatment facility.

Some independent practitioners who work or host retreats here may hold professional licenses or certifications in their respective fields, but participation in a retreat or wellness experience is not a substitute for appropriate medical or mental health care.

Can I bring my pet?

Generally, no.

We love animals—obviously—but because we already have resident animals on the property and need to consider their safety, our guests, allergies, and retreat dynamics, personal pets are generally not permitted.

Please contact us regarding a trained service animal so we can discuss your needs and the realities of safely navigating a working rescue farm.

Is Full Circle available for weddings or parties?

Full Circle is intentionally designed and protected as a retreat space rather than a traditional party or event venue.

We're a great fit for meaningful gatherings, retreats, workshops, circles, wellness experiences, team experiences, and celebrations that align with the spirit and use of the property.

If you're wondering whether your gathering fits, just ask.

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BOOKING INDIVIDUAL SERVICES & EXPERIENCES

Can I book a service at Full Circle if I'm not attending a retreat?

Yes! You don't have to attend a retreat—or stay overnight—to experience Full Circle.

Many of our wellness services and experiences can be booked individually by appointment. So whether you live nearby, are visiting the Nature Coast, or simply need a little Full Circle in your life, you're welcome to come spend some intentional time with us.

Depending on practitioner availability, individual offerings may include:

- 🧘 Private Yoga
- 🧖 Massage
- ✨ Reiki & Energy Work
- 🐎 Equine-Assisted Energy Experiences
- 🌲 Guided Forest Bathing
- 🌌 Conscious Cut & Intuitive Experiences
- 👣 Ionic Foot Detox & Consultation
- 🧖 European Facials
- 🧊 Private Himalayan Salt Cave Sessions
- 🎵 Private Sound Baths

Some services can also be combined to create your own mini Full Circle reset. Come for a massage and spend some time in the Salt Cave, book an equine experience followed by quiet integration time, or ask us to help you put together something that feels right for what you need.

Can I just stop by for one of these services?

Because Full Circle is a private retreat property and working rescue farm, all individual services and experiences are by appointment only. **We aren't open for walk-in visits.**

Contact us to ask about current offerings, pricing, and practitioner availability. You don't need an entire retreat to give yourself a little time to slow down, reconnect, and come back to you.

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How far in advance should I book a retreat?

The earlier, the better—particularly if you're looking for a weekend. Our retreat calendar can book many months in advance, and securing your dates early also gives you more time to thoughtfully plan and market your retreat.

I still have questions. Can I talk to an actual human?

Absolutely.

And not a chatbot, call center, or mysterious person named "Customer Success."

You'll reach Christina, the creator and owner of Full Circle Retreats. Whether you're thinking about hosting, wondering which experience is right for you, or simply have a question we somehow didn't answer in this very long FAQ, reach out.

Ready to Come Full Circle?

Thinking about hosting?

Explore our Host a Retreat information and request our Retreat Host Guide.

Still not sure?

Reach out. We'll help you figure out whether Full Circle is the right fit.



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