

Women Well and Wise*
2-Day Reboot and Renew Retreat
November 5-7, 2019

Contact Information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ DOB: _____

Email Address: _____

Emergency Contact Information:

Name: _____

Phone: _____ Email: _____

Medical Information:

Primary Care Physician: _____ Phone: _____

Note: This retreat will offer hikes requiring a moderate level of fitness to participate.

Accommodations:

Participants are responsible for their own hotel accommodations. We can suggest several hotels which are within a 1/4 mile of our gathering center at 100 Arroyo Roble Road.

*Women Well and Wise is a collaboration by Laila Vehvilainen and Lisa Biagetti, d/b/a Soaring Spirit Reiki

The Retreat price of \$595 includes:

- Healing Ceremonies
 - Opening and closing
 - Releasing
- Guided hikes and meditations
- Chakra Clearing Workshop
- Daily exercise offerings tailored to your abilities
- Yoga Nidra meditation
- Sound healing hike with Inner Journey
- Medicine Wheel Experience with Inner Journey
- Women Well and Wise Wellness Kit
- Use of retreat gathering space with kitchen facility
- Transportation to and from all retreat activities in Sedona
- Morning beverages, fruit and nuts
- 1 Group Supper

The Retreat price does not include:

- Airfare
- Transportation to Sedona
- Hotel
- Lunches, and 2 of the 4 dinners
- Additional services such as Massage therapy and other body work

The group size will be strictly limited to 8 participants.

Registration will be on a first-come-first-served basis and will close on September 1, 2019.

We request that a deposit of \$200 be submitted with your signed Registration Form by September 15 to reserve your space. The deposit is not refundable unless the Retreat is cancelled by us.

A final payment of \$395 is due October 1, 2019

Women Well and Wise reserves the right to cancel the retreat at any time. In that unlikely event, a full refund of all monies paid will be mailed to all subscribers within 48 hours of cancellation.

Neither **Women Well and Wise** nor any of its agents shall be responsible for any injury, damages or losses suffered by any participant during the Retreat.

I have read, understand and agree to all of the above terms.

Signature:_____ **Date:**_____

Thank you for choosing to come to Sedona with us. We are very excited to share this magnificent place and all of our planned experiences with you.

**Please mail your registration form and deposit
(made payable to Soaring Spirit Reiki) to:
Soaring Spirit Reiki
840 Main Street Suite 211
Millis, MA 02054**

An email confirmation will be sent upon receipt of your deposit and registration form.

Please answer the questions on the next page.

In the space below, please tell us a little about yourself, ie family, interests, work...

What has drawn you to join us on this retreat?

Do you have any personal health goals?

Contact information:

Laila Vehvilainen: 508-397-4069 email: aqualaila@gmail.com
Lisa Biagetti: 508-277-6391 email: Lisa@soaringspiritreiki.com