

**Women Well and Wise\***  
3-Day Release, Renew, Restore Retreat  
November 8-11, 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.

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

**The Retreat price of \$1150 includes:**

- Healing Ceremonies
  - Opening and closing
  - Releasing
  - Manifesting
  - Anointing peace
- Guided hikes including vortex walk and yoga with local healer/yogi
- Daily exercise offerings tailored to your abilities
- Reiki Session - 30 minutes
- Guided meditations on self care and personal growth
- Yoga
- Exploring the energy of Sedona with local healer
- Workshops: Exploring Crystals, Chakra Balancing, Personal Health Goal Setting
- 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
- 2 Group Suppers

**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 \$300 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 \$850 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](mailto:aqualaila@gmail.com)

Lisa Biagetti: 508-277-6391 email: [Lisa@soaringspiritreiki.com](mailto:Lisa@soaringspiritreiki.com)