

# Elevated Energy Exchange

## Women's Healing Retreat: REFLECT, RELEASE, and RESET

December 7 – 9, 2024

Stone Mountain Park Campgrounds

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### PERSONAL INFORMATION

Name (First / Last) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number(s) HOME \_\_\_\_\_ MOBILE \_\_\_\_\_

E-Mail Address \_\_\_\_\_

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### EMERGENCY CONTACTS

Name / Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

Name / Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

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### MEDICAL INFORMATION

Medical Conditions \_\_\_\_\_

Medications \_\_\_\_\_

Allergies \_\_\_\_\_

Physician's Name / Address / Phone Number \_\_\_\_\_

Hospital's Name / Address / Phone Number \_\_\_\_\_

Health Insurance / Member ID / Group Number \_\_\_\_\_

I have listed all my medical conditions and allergies above. I understand that the activities/classes provided by Elevated Energy Exchange, LLC are not a substitute for medical attention, examination, diagnosis or treatment. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate. In addition, I will make my instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that participation is at my own risk. I authorize the Elevated Energy Exchange, LLC staff to obtain any medical treatment necessary for me in case of illness, injury, or accident. I give the staff permission to contact my physician / hospital. I also give permission for the staff to contact 911 if there is an emergency. I agree to pay for all the treatment that is provided and obtained. I, my heirs, executors, and administrators also release Elevated Energy Exchange, LLC and its staff from any and all liability, loss, cost, claim, and damages that may arise from any incident, injury, and accident.

Signature \_\_\_\_\_

Date \_\_\_\_\_

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### ACCOMMODATIONS / COST and PAYMENT

#### Stone Mountain Park Campgrounds (8-Person Yurt)

Select Accommodation:

- |  |        |               |
|--|--------|---------------|
| <input type="checkbox"/> Queen Bed                 | \$ 275 | (1 available) |
| <input type="checkbox"/> Full Bed (Bunkbed—Bottom) | \$ 250 | (2 available) |
| <input type="checkbox"/> Twin Bed (Bunkbed—Top)    | \$ 225 | (2 available) |
| <input type="checkbox"/> Sleeping Bag              | \$ 200 | (3 available) |

*\*Full payment must be made in order to secure the selected accommodation.*

#### Deposit (Non-Refundable)

**Due: Wednesday, November 20, 2024**

Queen (\$ 137.50) / Full (\$ 125.00) / Twin (\$ 112.50) / Sleeping Bag (\$ 100)

#### Remaining Balance (Non-Refundable)

**Due: Wednesday, December 4, 2024**

Queen (\$ 137.50) / Full (\$ 125.00) / Twin (\$ 112.50) / Sleeping Bag (\$ 100)

#### Early Registration / Pay in Full (Non-Refundable)

by November 15 \$ 50 off

by November 25 \$ 25 off

Payments can be made by:

(1) cash

(2) check or money order—a \$35 fee will be assessed for any returned checks

(3) mobile payment app—**Zelle (7708824364 / Elevated Energy Exchange)**

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From the Stone Mountain Park Campgrounds:

#### Yurt Rental Sites

Our Yurts, made of wood and canvas, provide a comfortable camping experience and feature outside decks, picnic tables, charcoal grill, metal fire pit, and a water spigot for your convenience. Inside, you will find log furniture, heat/air conditioning, electrical outlets, large windows, skylight, ceiling fan, and lockable doors. You will only need to bring sleeping bags or linens, and personal items. Guests are permitted to bring small refrigerators or coolers if desired.

Our Yurts are smoke free so there is no smoking inside or on the decks of the Yurt. Pets are not permitted in or outside the Yurt. Stone Mountain Park's Yurts are charmingly furnished and the view from both the inside and the outside is nothing less than spectacular. Yurts are not equipped with restrooms, but are conveniently located adjacent to facilities.

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### TERMS AND CONDITIONS

#### ACCOMMODATIONS / COST and PAYMENT

Accommodations are on a first come, first served basis. Full payment must be made in order to secure the selected accommodation. All payments made are non-refundable, but can be transferred to another participant.

Deposit **Due: Wednesday, November 20, 2024**  
Queen (\$ 137.50) / Full (\$ 125.00) / Twin (\$ 112.50) / Sleeping Bag (\$ 100)

Remaining Balance **Due: Wednesday, December 4, 2024**  
Queen (\$ 137.50) / Full (\$ 125.00) / Twin (\$ 112.50) / Sleeping Bag (\$ 100)

Discount: Pay In Full / Register by November 15 to receive \$ 50 off. / Register by November 25 to receive \$ 25 off.

Payments can be made by:

- (1) cash
- (2) check or money order—a \$35 fee will be assessed for any returned checks
- (3) mobile payment app—Zelle (7708824364 / Elevated Energy Exchange)

#### STONE MOUNTAIN PARK ENTRANCE / PARKING

Options: \$20 Daily Pass (receive a car pass for re-entry at check-in) / \$40 for an Annual Pass / Carpool (contact Lasha for more info)

#### PERSONAL PROPERTY

Participants are allowed to bring any personal items, including electronic devices, and are responsible for their proper care. Elevated Energy Exchange, LLC will not be held responsible for any damage or loss of any personal items and/or electronic devices.

#### PHOTOGRAPHS and VIDEOS

I give Elevated Energy Exchange, LLC permission to photograph and videotape me while participating in any of the provided programs and activities. I understand that the photographs and videos may be used for Elevated Energy Exchange's website and social media pages, newsletters, flyers, brochures, and albums, in both print and digital form.

#### TAKE NOTE

All participants are required to show respect and kindness towards self, the other participants, and the shared space.

Everyone in attendance is required to respect the privacy of each other.

Each participant is welcome to share a little, or a lot. Each participant can decide to participate in an activity, or not.

There is no smoking inside and outside the yurt. Alcoholic beverages will not be provided.

Participants are able to leave and return to the retreat to honor family, work, and pet obligations.

#### EMERGENCIES

I have provided Elevated Energy Exchange, LLC with current contact information for any emergencies that may arise. I authorize the staff of Elevated Energy Exchange, LLC to obtain any medical treatment necessary for myself in case of illness, injury, or accident. I give the staff permission to contact my physician / hospital. I also give permission for the staff to contact 911 if there is an emergency. I agree to pay for all the treatment that is provided and obtained.

#### LIABILITY

Elevated Energy Exchange, LLC and its staff are not responsible and will not be held liable for any and all losses, costs, claims and damages that may arise from any incident, injury, or accident that occurs on and off the premises, prior to, during, and/or after any and all services provided by Elevated Energy Exchange, LLC.

THE INFORMATION I HAVE PROVIDED ON THE REGISTRATION FORM IS COMPLETE AND ACCURATE. I HAVE READ AND AM IN AGREEMENT WITH ALL THE TERMS AND CONDITIONS FOR ELEVATED ENERGY EXCHANGE, LLC AS LISTED ABOVE. I RELEASE ELEVATED ENERGY EXCHANGE, LLC AND ITS STAFF FROM LIABILITY FOR ANY AND ALL LOSSES, COSTS, CLAIMS, AND DAMAGES THAT MAY ARISE FROM ANY INCIDENT, INJURY, OR ACCIDENT THAT OCCURS ON AND OFF THE PREMISES, PRIOR TO, DURING, AND / OR AFTER ANY AND ALL SERVICES PROVIDED BY ELEVATED ENERGY EXCHANGE, LLC.

Name (First / Last) \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

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### ITINERARY

*\*Subject to Change\**

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#### Saturday, December 7, 2024

- |              |   |
|--------------|---|
| 3 pm – 4 pm  | Arrival   |
| 4 pm – 5 pm  | Yoga by the Lake  |
| 5 pm – 6 pm  | Snacks<br>Activity: It's In the Cards                       |
| 6 pm – 8 pm  | Dinner (Prep / Cook / Eat)<br>Activity: Ready, Set, Action! |
| 8 pm – 9 pm  | Activity: Phoenix Rising                                    |
| 9 pm – 10 pm | Activity: Colors of the Wind                                |
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#### Sunday, December 8, 2024

- |               |  |
|---------------|--|
| 6 am – 7 am   | Sunrise Hike   |
| 7 am – 9 am   | Breakfast<br>Activity: Mindfulness and Meditation  |
| 9 am – 11 am  | Activity: A Visionary Artist   |
| 11 am – 12 pm | Yoga by the Lake   |
| 12 pm – 2 pm  | Lunch (Prep / Cook / Eat)<br>Activities: MASH / The Blueprint  |
| 2 pm – 5 pm   | Individual Time  |
| 5 pm – 8 pm   | Family (Re)Treat and Potluck Dinner<br>Activities: Outdoor Games, Nature Walk, S'Mores, Tales at Dark, and more! |
| 8 pm – 10 pm  | Activities: The Ties That Bind Us / Don't Fold   |
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#### Monday, December 9, 2024

- |               |                                       |
|---------------|---------------------------------------|
| 6 am – 7 am   | Sunrise Hike                          |
| 7 am – 9 am   | Breakfast<br>Activity: Current Events |
| 9 am – 10 am  | Yoga by the Lake                      |
| 10 am – 11 am | Departure                             |

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### MEALS

*\*Subject to Change\**

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#### Saturday, December 7, 2024

##### Snacks

Charcuterie Board

##### Dinner

Grilled Veggies and Veggie Kabobs  
Vegetarian Baked Beans  
Grilled Sweet Potatoes

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#### Sunday, December 8, 2024

##### Breakfast

Bagels and Cream Cheese  
Croissant  
Oatmeal (with Toppings)  
Fruit  
Boiled Eggs

##### Lunch

Vegetarian Soup or Chili  
Make-Your-Own Sandwiches and Salad  
Crackers and Chips

##### Dinner

Family Potluck

##### Snacks

Granola and Fruit Bars  
Trail Mix

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#### Monday, December 9, 2024

##### Breakfast

Bagels and Cream Cheese  
Croissant  
Oatmeal (with Toppings)  
Fruit  
Boiled Eggs

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### DRINKS

*\*Subject to Change\**

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Water

Hot Tea and Coffee (packets)

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### OTHER INFORMATION

*\*Subject to Change\**

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#### ITEMS TO BRING

Linens / Sleeping Bag

Toiletry Items

Personal Care Items

Yoga Mat

Optional: Personal Selection of Food / Snacks / Drinks

#### FAMILY (RE)TREAT

Sunday, December 8, 2024

5 – 8 pm

Invite family (and/or closest friends) for a community (re)treat!

Potluck Dinner: Bring a dish or two to share.

Activities: Outdoor Games, Nature Walks, S'Mores, Tales at Dark, and more!