



Rock N' Roll Monastery

Journey into the Unknown
Balance • Rhythm • Reflection

Spirit of the Trip

This trip is about balance: solitude + community, rhythm + rest, reflection + play. We alternate between solo days and group activities, with space for campfire bonding, water adventures, and shared meals.

R&R 7-Day Flow

Day 1 – Arrival & Opening Circle: Group gathering, welcome circle, light dinner.

Day 2 – Solo Day: Individual reflection, journaling, hiking.

Day 3 – Rest & Recovery: Sleep in, brunch, relaxation.

Day 4 – Camp Day: Camping together, campfire music, stargazing.

Day 5 – Solo Day: Deep reflection, creative solitude, sunset circle.

Day 6 – Water Activity Day: Kayaking, swimming, picnic by the shore.

Day 7 – Restaurant Day & Closing: Closing reflection, shared meal at restaurant.



Daily Rhythm & Packing List

Morning: Movement (stretching, yoga, walk)

Afternoon: Main activity or rest

Evening: Circle, music, or shared meal

Packing List:

- Journal & pen
- Camping gear & sleeping bag
- Swimsuit & towel
- Comfortable shoes
- Musical instrument (optional)
- Personal items & toiletries



Rock N' Roll Monastery Trip – Tiered Pricing



Full Experience (7 Days) – \$1,200

Includes: lodging, group meals, all activities, monastery sessions, materials, t-shirt.



Short Experience (3 Days) – \$600

Includes: 3 nights lodging & meals, choice of opening 3 days or closing 3 days, activities & materials.



Payment Options

Full 7-Day Experience (\$1,200)

- \$1,200 upfront OR
- \$400 deposit + \$400 (60 days before) + \$400 (14 days before)

3-Day Experience (\$600)

- \$600 upfront OR
- \$200 deposit + \$200 (60 days before) + \$200 (14 days before)

☒ **Pre-Order & Reservation Sheet**

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

☐ Full 7-Day Experience (\$1,200)

☐ Whole Price Upfront

☐ Payment Plan (3 x \$400)

☐ 3-Day Experience (\$600)

☐ Whole Price Upfront

☐ Payment Plan (3 x \$200)

Preferred Section:

☐ Opening 3 Days

☐ Closing 3 Days

☐ Credit Lending Opportunity

Signature: _____

✉ **RSVP Reply Card**

Please return this card to confirm your place on the journey.

Mail to:

Rock N' Roll Monastery
Santa Rosa Beach, Florida

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

☐ Yes! I will join the Rock N' Roll Monastery Journey into the Unknown.

☐ Sorry, I can't attend this time, but keep me in the loop.

Signature: _____