



# Rock N' Roll Monastery

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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: \_\_\_\_\_