



Sound Mind Healing Retreats
RETREAT CONFIRMATION

RETREAT

DATE _____

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

What would you like to gain most from this retreat?

Have you attended retreats in the past? If yes, what did you gain or like most about them? Dislike?

Have you done yoga before? Would you consider yourself a beginner, intermediate or advanced practitioner?

Breakfast and lunch will be provided. Please list your normal breakfast and lunch foods, snacks you like and especially foods you dislike. Also include what beverages you like to drink.

Miscellaneous

Bath towels and bed sheets will be provided. You may want to bring your own pillows for your own comfort. Accommodations are two master bedrooms with king size beds, one queen bedroom and one room with two sets of bunk beds. There is also a sleeper-sofa. Depending on the number in attendance, you may have to share accommodations. Requests processed on first-come, first served basis.

Other accommodations include a swimming pool and hot tub. Beach chairs and two bicycles are available. Clubhouse offers tennis, outdoor pool and game room. There is also a local spa, "Spa at Corolla," telephone, 252-453-9799, for your pleasure.

Inclement Weather

If we are required to evacuate the Outer Banks due to hurricane watch, you will receive a prorated refund.

Refunds: A full refund will be issued up to three weeks prior to the retreat date. Half refund after that unless a replacement can be found. Then you will receive a full refund.

Please email your confirmation to info@healing-space.org or mail it to The Healing Space, 1602 Walnut Bottom Road, Newville, PA 17241. A deposit is required to hold your space. Send your deposits to the above address or call 717- 226-2093 with your credit card number.

Thank you. The Healing Space honors you and your healing journey. See you at the beach!