



Retreat FAQ's

- After we have received your Intake Form and signed Release Forms, we will send you will a Confirmation Letter with the retreat center location and more information on what to bring.
- Our retreats run from Friday afternoon until Sunday afternoon.
- The dress is casual.
- All meals will be provided. • Special dietary needs can be arranged.
- We cannot accommodate any friends or family members
- There is no registration fee to attend this retreat.