

Welcome!

Congratulations on your decision to participate in the Release & Renew™ Weekend Intensive. Check-in is between 5-6 pm on Friday. Room assignments will be given at that time. (Directions to your location will be sent separately.) A light dinner will be available at 6pm and **we will begin promptly at 7pm.**

We enjoy being as comfortable as possible and encourage you to bring anything that will help you feel comfortable as well. In addition, please bring the following items:

1. Casual clothes that can be layered in case of temperature changes.
2. Personal toiletries.
3. Bath and/or pool towel(s) and washcloth(s).
4. **Large floor cushion or Back-Jack for sitting on the floor.**  
**(Unless you are traveling by air)**
5. Earplugs (optional...in case of snoring in your room!)
6. Bathing suit for pool and/or hot tub. (optional/seasonal)

**Please complete and return the enclosed items 10 days prior to the retreat date.**

- 1) Tuition balance and/or Payment Plan agreement
- 2) Signed Enrollment Agreement
- 3) Participant Information Packet

### **WEEKEND SCHEDULE**

Friday	7pm-11pm
Saturday	9am-11pm
Sunday	9am- 6pm

### **FOLLOW-UP Circle & CELEBRATION Feast**

We gather one week following your R&R weekend for a pot-luck dinner and follow-up session. This is a very important part of your experience as it is an opportunity to reconnect with each other as well as give and receive support.

### **AFTER R&R™**

You're welcomed to come back for any of the retreats offered as an Assistant, to continue your own journey of healing while serving others as they begin theirs. Follow-up classes are also available, as well as ongoing coaching or counseling to help support deepening and integration. We also encourage attending community gatherings to nourish and support the connections you have made with others!

We're here to support you and look forward to sharing this experience with you!

Blessings, Kate and your Assisting Team