

Welcome! Congratulations on your decision to participate in the Release & Renew™ Weekend Intensive!

It is important that you complete and return the enclosed items 10 days prior to your retreat date.

- 1) Tuition balance
- 2) Signed Enrollment Agreement
- 3) Participant Information Packet

PLEASE MAKE NOTE OF THE FOLLOWING:

1. **Dress in comfortable clothes that can be layered in case of temperature changes.**
2. **Bring a water bottle with a lid to refill throughout the weekend.**
3. **Fruit, snacks, coffee and tea are always on hand, but you are encouraged to eat breakfast before you arrive on Saturday and Sunday morning.**
4. **You are welcome to bring your own lunch on Saturday or eat out locally. The rest of your meals will be prepared and served on site.**
5. **If you are traveling from out of town, please let the Center know if you need help with accommodations for the weekend.**
6. **If you are reviewing the R&R experience, please bring your R&R manual.**
7. **The retreat location will be sent to you by email.**

WEEKEND SCHEDULE

Saturday-Session 1	9am-1pm	
Lunch	1pm-3pm	
Session 2	3pm-7pm	
Dinner	7pm-8pm	(prepared)
Session 3	8pm-9pm	
Sunday Session 1	9am-1pm	
Lunch	1pm-2pm	(prepared)
Session 2	2pm-6pm	

FOLLOW-UP Circle

We'll gather one week after our R&R weekends for a virtual follow-up circle. This is a very important part of your experience, to reconnect with each other and give and receive support.

AFTER R&R™

Once you've completed your R&R™ weekend, you're welcome to Assist in any R&R™ retreat in the future, to continue your own journey of healing while in service to others as they begin theirs. Follow-up classes, ongoing coaching and counseling are also always available to support deepening and integration.

We look forward to sharing this journey with you!

Blessings, Kate and your Assisting Team