

**We are very excited to Announce that we have some added elements to this year's Retreat, these added elements connect our Mind Body and Spirit. This is a four-part registration form.**

## Retreat Registration

The first part registers you for the Retreat. Registration Cost is \$400.

We are offering an Early Bird Discount of \$50 if Registered and the first installment is received by April 30th. Therefore, you would owe \$200 by April 30th and \$150 on June 12th at Camp O'Neill.

If you are unable to Register by April 30th you would owe \$200 by May 15th and \$200 on June 12th at Camp O'Neill. All Cheques made payable to Connected Womens Wellness.

## Cooking Class

Cooking Class with Chef Sam from Maid Marien's Catering.

Sam strives to enhance your experience by bringing a totally original menu to each event curating for each customer's specific needs. She works hard to make an easy to use platform for your comments, questions, and concerns. She will make this class an amazing and memorable.

## Yoga Certification

The third part will register you for Yoga Nidra Certification and or Restorative Yoga Certification with Shirley Berthelet from BreatheMoveBe. How exciting would it be to do your next yoga teacher training while on retreat? You can choose to register for both certifications and the retreat for a cost of \$675.00, or one certification and the retreat for a cost of \$525.00. We will work with the schedule to ensure you are able to take part in a wide variety of activities throughout the weekend.

## 30-Minute Massage

The fourth part of this registration form is for a 30 Massage with Aura Zack from Zackly-Rite Massage Therapy. Aura will be offering 30-minute massages for \$35, this will be offered on a first come first serve basis. Registration for the massage is due by May 15th.



For more information contact: [Linda Zeebeck](#)

Phone: 306-745-6869

Address: Box 1450 Esterhazy, SK S0A0X0

Email: [connectedwomenswellness@gmail.com](mailto:connectedwomenswellness@gmail.com)

Website: [www.connectedwomenswellness.ca](http://www.connectedwomenswellness.ca)

# Part 1 – Registration for Women’s Wellness Retreat

## Who Are You?

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### Registration for Women’s Wellness Retreat With \$50 Discount – Early Bird is \$350

First installment due by April 30 \$200.00 \$ \_\_\_\_\_

Second installment due on June 12 \$150.00 \$ \_\_\_\_\_

### Registration for Women’s Wellness Retreat After April 30 - NO Discount - is \$400

First installment due by April 30 \$200.00 \$ \_\_\_\_\_

Second installment due on June 12 \$200.00 \$ \_\_\_\_\_

Please check off all of the sessions that are of interest to you.

Yoga Session

Self Massage Session

Meditation Session

Faith Ministry Session

Paddling Session

Silent Unplugged Hike

If you have any dietary needs Please comment here: \_\_\_\_\_

## Part 2 – Registration for Cooking Class

\*\*\* The cooking class has limited spaces and will be offered on a first come basis. Only 10 Spots Available. \*\*\*

Please Check this box if you are registering for Cooking Class.

No Additional Cost for this Class.

## Part 3 – Registration for Yoga Certification

Please Check this box if you are registering for Yoga Certification.

You must be a Certified Yoga Instructor to take this class.

If registering for Yoga Certification - Complete only one portion of Part 2.

Registration for Yoga Nidra Certification with retreat \$525.00  \$ \_\_\_\_\_

Registration for Restorative Yoga Certification with retreat \$525.00  \$ \_\_\_\_\_

Or Registration to both Certifications with retreat \$675.00  \$ \_\_\_\_\_

All Cheques made payable to BreatheMoveBe. Payment is due by May 15<sup>th</sup>, 2020. Limited spots available. Once registered for this workshop, Shirley will be sending you a separate registration form.

## Part 4 – Registration for a Massage

\*\*\* There are very limited spaces for Massages, these are first come basis.\*\*\*

Please Check this box if you are registering for a 30-minute massage.

Registration for one 30-minute massage \$35.00  \$ \_\_\_\_\_

We accept Cash, E-transfer or Cheque made out to: Connected Women’s Wellness

## IMPORTANT INFORMATION

- In order to complete your registration, please send in this form along with full payment by cheque, money order, cash or e-transfer to [connectedwomenswellness@gmail.com](mailto:connectedwomenswellness@gmail.com).
- For Early Bird discount, \$200 must be received by April 30<sup>th</sup>, 2020 otherwise full non-discounted registration fee will apply. The remainder of the registration fee will be collected Friday evening at the registration desk.
- Cheques must be made payable to Connected Women's Wellness.
- Post-dated cheques are accepted with a date of May 1<sup>st</sup> 2020. NSF cheques will result in a \$40 charge and cancellation of the registration.
- Cancellation Policy: We will refund on a pro-rated basis the registration fees of a participant who leaves the retreat early due to illness or serious illness or death in the immediate family. Otherwise, the entire registration fee is non-refundable after May 11<sup>st</sup>, 2019.

## Cancellation & Refund Policy:

In the event that Connected Womens Wellness cancels an event, all fees will be refunded in full.

All cancellation notices must be made in writing via email to Linda Zeebeck - [connectedwomenswellness@gmail.com](mailto:connectedwomenswellness@gmail.com)

- More than 7 days' notice: Refund less \$100 administrative fee which can be transferred to future Retreats
- Less than 7 days' notice: No refund will be issued. No further registration cost will be collected.

With the intention of providing a small group atmosphere a limited number of applications will be approved for this Retreat.

## Women's Wellness Retreat Program

Connected Women's Wellness Retreat is a Christian oriented retreat designed for women 18+. Our purpose is to provide Mind Body and Spirit connected experiences. Our goal is to enrich our Mind, strengthen our Body and Feed our Spirit. We welcome all denominations to join our exciting and enjoyable retreat!

## Photo Release

Photos will be taken during the retreat. I understand that these photos are the property of the photographer and he /she may edit, alter, copy, exhibit, publish or distribute this photo for purposes of publicizing Connected Women's Wellness Retreat or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of photographs. Connected Women's Wellness Retreat has consent to use my likeness in a photograph in any and all of its promotions or publications, including website and social media, without payment or any other consideration. Connected Women's Wellness Retreat will not trade, share or sell to any outside party and content will remain property of the photographer.

I hereby certify that I am the Retreat participant \_\_\_\_\_, named and do hereby give my consent without reservation to the above mentioned Photo Release.

## Liability Release

I hereby waive, release and discharge any and all claims for damages for personal injury, property damages or which may hereafter occur to me as a result of participation in the retreat activities. This release is intended to discharge in advance Connected Women's Wellness Retreat, its Board of Directors, officials, officers, employees, volunteers and agents from liability, even though that liability may arise out of perceived negligence on the part of persons mentioned above. I agree to observe safety procedures and practices for the retreat activities at all times. It is understood that some recreational activities involve an element of risk or danger of accidents and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assignees.

I hereby certify that I am the Retreat participant \_\_\_\_\_, named and do hereby give my consent without reservation to the above mentioned Liability Release.

## Policies & Conditions

- 1) I give permission to Connected Women's Wellness Retreat to use photographs/videos of this event and of me for promotional materials.
- 2) I understand that some activities are held off the main Camp O`Neill site.
- 3) I recognize that Connected Women's Wellness Retreat regards with the utmost importance my safety and every precaution is taken to ensure the wellbeing of everyone at the Retreat. I therefore release the Connected Women's Wellness, its directors and staff members from any and all liability in the event of an illness, accident or misfortune that may occur.
- 4) I attest that the I am covered by Provincial Health or equivalent medical insurance.
- 5) I recognize that Connected Women's Wellness Retreat abide by the rules made under the Freedom of Information and Protection of Privacy Act. Retreat personal information will only be shared with Retreat staff and volunteers directly involved with this event. Exceptions will only be made for compelling health or safety reasons.
- 6) I have read this registration form, understand the conditions of enrolment and the cancellation policy and I agree to be responsible for the payment of all fees due to the Retreat.
- 7) I certify that the information given in this form is complete and accurate to the best of my knowledge.
- 8) I understand the Cancellation Policy.
- 9) I understand that Life jackets must be worn while paddling.

**I have read, understand and agree to the above terms and conditions.**

**Date:** \_\_\_\_\_

**Participant:** \_\_\_\_\_  
Print

**Participant:** \_\_\_\_\_  
Signature

## What to Bring

- Comfortable clothes appropriate for working out in warm & cold weather.
- Footwear suitable for the lake, for hiking or working out.
- Sleeping bag, extra blankets & pillow
- Towels, facecloth (for washing and lake activities)
- Water shoes – Must have if paddling
- Toiletries, toothbrush, toothpaste
- Soap, shampoo, brush, comb, etc.
- Kleenex
- Camera
- Favorite Snacks
- Sunscreen
- Mosquito repellent
- Lifejacket if you are paddling
- Pajamas
- Water Bottle
- Back Pack for hike
- Lawn Chair for around the fire
- Meditation Cushion or Comfy Cushion
- **We will supply the following if necessary**
- Foam Roller
- Yoga Blocks
- Yoga Mat
- Life Jackets

## Where did you hear about us:

In order to help us in our promotional efforts, could you share with us where you heard about our camps?

## Any additional comments:

**Completed applications may be mailed, emailed or dropped off in person. Contact information follows:**

**Address:** Box 1450 Esterhazy, SK S0A 0X0

**Phone:** (306)745-6869

**Email:** [connectedwomenswellness@gmail.com](mailto:connectedwomenswellness@gmail.com)

**Web Address:** [www.connectedwomenswellness.ca](http://www.connectedwomenswellness.ca)

**NOTE: This application cannot be processed without initial down payment.**

## For Office use

Date Received \_\_\_\_\_

Amount \_\_\_\_\_

Form of payment \_\_\_\_\_