

Before you register for a spot at our Women's Retreats, please read these Frequently Asked Questions (FAQ) and the Terms and Conditions below.

Frequently Asked Questions (FAQ)

What are the details of Early Bird Pricing?

Book your retreat for Green Mountain, North Carolina for Early Bird Pricing by April 30th and receive a savings of \$200 (CAD) if you pay in full. If you pay in instalments and your 50% deposit is paid before April 30th – you will get \$100 (CAD) off the deposit and \$100 (CAD) off the second instalment.

What currency is the price listed in?

All pricing is listed in Canadian funds. If you are booking from the United States, payment will be converted to USD when the payment goes through on your account. Conversion rates will depend on your bank exchange rate at the time of purchase.

Can I pay in instalments?

Yes! You can pay the full amount upfront, or you can pay in 2 equal instalments. The 50% deposit is required upon registration to book your spot and is non-refundable. The remaining balance must be paid three (3) weeks before the start of the retreat (eg. by May 31st, 2024 for the Green Mountain retreat and by September 13th, 2024 for the Muskoka retreat).

What is your cancellation policy?

The deposit is 100% non-refundable. The second instalment once paid is non-refundable. We do, however, understand that unforeseen emergencies may arise. In such cases, we can discuss transferring the payment (excluding the deposit) to an upcoming retreat or transferring your reservation to another guest. On the rare occasion that the retreat is cancelled, you will be fully reimbursed.

Are meals included?

Yes! Meals, beverages, and some snacks are included. We will start with dinner on Friday night, light breakfasts, lunches, and dinners are included. During registration you will be asked to share any dietary restrictions you may have so that we can look to accommodate.

(Note: There will be no alcohol at this retreat. Please see “Mindful Retreat Practices” in the terms and conditions below.)

Specifically: Friday dinner, Saturday – light breakfast, lunch and dinner, Sunday - light breakfast, lunch and dinner, Monday – light breakfast

Is travel included in my retreat booking?

No. You will need to plan, book, and pay for your travel to the retreat location as this is not included. Below are the airports that are close to each of our 2024 retreat locations.

Green Mountain, North Carolina

- AVL – Asheville, North Carolina - [Asheville Regional Airport \(fly-avl.com\)](https://www.fly-avl.com)

- TRI - Tri-Cities, Tennessee - [Tri-Cities Airport - Blountville TN \(flytri.com\)](https://www.flytri.com)

Land transportation:

- Approximate costs for car rentals (This is for reference only and are approximate. We cannot guarantee these rates.)
 - AVL \$225 - \$250 for 3 days
 - TRI \$135 - \$195 for 3 days
- There is a local transport service that is reasonably priced for shuttle service between 7:30am and 4:30pm. This needs to be arranged ahead of time. I can share their contact information with you when you book so that you can make arrangements.

Muskoka, Ontario

- Pearson International Airport in Toronto (YYZ)
- Billy Bishop – Toronto City Airport (YTZ)

What do I need to bring?

You should plan on bringing the following items with you for your retreat:

- Water bottle, journal, favorite pen, good book
- Blanket, yoga mat
- Comfortable shoes and clothes for walking and hiking
- Layered clothing
- More details to be shared during our pre-Retreat meet up call.

Terms and Conditions

1. Responsibility for Travel: Participants are responsible for arranging and covering the costs of their travel to and from the retreat venue. We are happy to provide recommendations for travel arrangements if needed.

2. Cancellation Policy: The deposit is 100% non-refundable. The second instalment once paid is non-refundable. We do, however, understand that unforeseen emergencies may arise. In such cases, we can discuss transferring the payment (excluding the deposit) to an upcoming retreat or transferring your reservation to another guest. On the rare occasion that the retreat is cancelled, you will be fully reimbursed.

3. Health Disclaimer: Our retreat may include sessions focusing on complimentary health techniques. It is important to note that these techniques are intended for general wellness purposes and should not be considered as a substitute for medical advice, diagnosis, or treatment provided by licensed healthcare professionals. Participants are encouraged to consult with their healthcare provider before engaging in any new health practices. Please be aware that Julie Lafleur is not a licensed physician or therapist, and our retreat offerings are not intended to replace any treatments, therapies, or medications prescribed by your healthcare provider.

4. Liability Waiver: Participants will be required to sign a liability waiver upon arrival, releasing Julie Lafleur, her business, and the

event location from any responsibility for injuries or accidents that may occur during the retreat.

5. Mindful Retreat Practices: In order to fully immerse yourself in the retreat experience and benefit from a short digital detox, cellphones will be collected upon arrival and kept safe for the duration of the stay. Julie will provide contact information for participants to share with their loved ones in case of emergency. Please refrain from consuming alcohol or other altering substances during the retreat to maintain a focused and present mindset.

6. Photography and Recording: By participating in the retreat, you consent to the use of any photographs or videos taken during the retreat for promotional purposes.

7. Confirmation of Booking: By proceeding with the booking, you acknowledge that you have read, understood, and agreed to abide by these terms and conditions.