

## **Sedona Spirit Journey**

### **Application Form, Expectations and Terms & Conditions for**

**Full Name:**

**Best email for all Retreat Updates:**

**Phone Number:**

#### **Included in the Sedona Spirit Journey Retreats:**

- Traveling with our private group of 6 women
- Airbnb in or near Sedona
- Car
- Gas
- Driver and Guide
- Guided Hikes
- Guided Yoga (Morning and evening) at the Airbnb, Meditation, Breath Work
- The retreat plan, with time for pauses and reflection
- Exploring in the afternoons places such as Jerome, Slide Rock State Park, Montezuma Castle, Chapel of the Holy Cross to learn of the area and history of the people.

Heather organizes the experience, guides the hikes and practices, makes dinner reservations and drives to our destinations. YOU sit back relax, take in the beauty, and soak up the magic of Sedona.

**All group members are expected to participate in Yoga, Hiking, group outings, and meals.** There will be time for pauses and solo time during hikes and at night to be, breathe, journal and soak up nature's energy. **Hikes will be set at a group pace with Heather leading.** This is not meant to be a race. **There will be pausing to take in the beauty and energy of each hike, exploring, water breaks, etc.**

**\*\*\*It does NOT include retreat participants'...**

- Flight
- Food
- Spending Money
- Extra experiences (\$20 fee at Montezuma Castle)

**\*\*\*Flights are coordinated to make things simple.** We want as much travel time as possible in Arizona. If you are flying out of Minnesota, we will fly on the same flight. You are responsible for transportation to and from the Minneapolis airport. Feel free to ride with me to the airport, leaving from Sauk Centre. (We can coordinate.) We fly out from MSP Airport early morning into Sky Harbor Airport in Phoenix. Our departure flight will be early evening from Sky Harbor. I send group members flight info after mine is booked.

**Dietary Restrictions and any Allergies:**

**Experience with hiking:**

**Regular activity level:**

**Experience with yoga:**

**Is there anything special I should know about you? (pregnant, recent postpartum, injury, physical limitation etc):**

**Do you have a fear of heights? Discuss this with Heather. A portion of one of the trails (moderate level) is right on the edge of the mountain and very thin and once on the trail . We will be driving through the mountains.**

**What is your intention for signing up for this retreat?**

**Do you have any questions for Heather?**

**Name and phone number of emergency contact:**

**\*\*\*There is no smoking during any part of the retreat.\*\*\***

**Travel Insurance and Cancellation Agreement:**

As per the Terms and Conditions of this booking, Heather Zollman cannot issue refunds, and it is requested that you protect your retreat investment with a trip insurance policy. Any cancellation, regardless of the reason (due to your health, work, personal or family circumstances) must be refunded through your personally selected and purchased travel insurance policy.

Heather Zollman does not offer trip insurance nor include it in any Yoga Retreat purchase, but recommends that each Yoga Retreat guest research their options and select a plan that works for them. Each Yoga Retreat guest is 100% responsible for any loss, penalties, fees, or other financial consequences arising out of booking a trip or the cancellation of a trip and all health coverage. The Sponsor cannot offer refunds for travel or medical issues that arise before or during a Yoga Retreat and impact your participation.

Heather strongly encourages all Retreat guests to purchase travel insurance. This is usually 14 days after your first payment, but make sure to check your plan.

You are responsible for purchasing your own travel insurance policy for the full duration of the Retreat, all corresponding travel expenses, and medical care including illness, injury, death, loss of baggage or personal items, and cancellation or curtailment. If you cancel due to unforeseen illness or personal emergency before the Yoga Retreat (including COVID 19, pregnancy, surgery or injury whether personal or of a family member), miss part of the Yoga Retreat due to travel delays, lose luggage or have delayed luggage, or require medical care abroad, your personal travel insurance policy can usually cover this.

**Payments:** Payments can be made with cash, check, Venmo or credit/debit card. There is a 3% fee for paying with a card.

**I'm so glad you are considering joining us for this empowering and rejuvenating journey!**