

PAUSE Women's Retreat
Application Form, Expectations and Terms & Conditions

Full Name:

Best email for all Retreat Updates:

Phone Number:

Included in the PAUSE Retreats:

- Retreat Airbnb
- Guided Activities
- Guided Yoga (Morning and evening) at the Airbnb, Meditation, Breath Work
- The retreat plan, with time for pauses and reflection
- Group and solo time

Heather organizes the experience. YOU sit back relax, connect with nature, yourself and the group.

All group members are expected to participate in Yoga, group activities and meals. There will be time for pauses and solo time during the retreat to be, breathe, journal and soak up nature's energy.

Activities will be set at a group pace.

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

- Food
- Extra Experiences

Any Allergies:

Regular activity level:

Experience with yoga:

Are you interested in sharing a room?

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

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.*****

Cancellation Agreement:

As per the Terms and Conditions of this booking, Heather Zollman does not issue refunds. If you cannot attend the retreat you registered for, due to unforeseen life events, you will receive a refund if the spot is filled.

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.

Payments: Payments can be made with cash, check, Venmo or credit/debit card in one or two installments by the deadline. There is a 3% fee for paying with a card.

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