

1. **Is The Pathway To Yourself, Life Meets Life, or My Journey best for me?** - This retreat can involve some deep personal work. It's also a way to "dip your toes" into doing self-exploratory work. Here's one way to know if the retreats are best for you. As you read below, if your body lights up, if you become curious, if something arises that you can't quite describe that draws you in, or your body says YES to at least half of the following, then this retreat is for you.

- *Stuck in a relationship you don't want to be in?
- *Struggling with your children?
- *Hitting a road block in your profession?
- *Having challenges with a partner?
- *Tired of wearing the social masks or being a people pleaser?
- *Afraid of letting go of control or don't know how to? Feeling lost or afraid to take the next step?
- *Ready to start "walking" the "talk"?
- *Ready to start a new chapter in your life?
- *Ready to live a more abundant and empowered Life?
- *Is Life showing you signs, but don't you don't seem to be listening?
- *Have you hit a wall and don't know what to do next?
- *Curious about the inner journey?
- *On the "souls journey?"
- *Are you ready for self-exploration and self-transformation?
- *You are willing to step into the Unknown to experience yourself, your body, and the world around you in new ways.
- *You are willing to look at yourself in the mirror; failures, limiting patterns, beliefs, and behaviors, how you have been co-creating the things you don't want in your life, and truly let go of any of these ways of being that have been limiting your life.
- *You are willing to embrace your power and authenticity, reconnect to that child-like creativity and spontaneity, live more freely, and have more fun, happiness, health, wealth, abundance, and a deeper relationship with Life beyond your wildest imagination and dreams.
- *You are willing to allow new possibilities and create a compassionate container for yourself to experience your emotions, feelings, judgments, patterns, beliefs, and even traumas to arise and be met, which can release old and limiting ways of being.
- *You are willing to create new pathways and possibilities for yourself on an emotional, physical, mental, spiritual, professional, parental, financial, romantic, or interpersonal level.

*You are willing to welcome in a new way of being, embodying, living, and co-creating Life through the innate Cellular Wisdom that exists within every single cell of your body, this earth and our universe.

Please be aware that this kind of experience can validate, inspire, challenge, or bump up against what you believe, think, or perceive about yourself and Life. That is okay. All I ask is that you stay open and keep saying YES to the moment. Once the retreat is over you can always go back to doing things your way.

2. **Will I have time to work on my computer or make calls during the retreat?** If you are in *The Pathways To Yourself* or *Intimacy Through Touch* you will have the ability to do so once the days activities are done. Keep in mind that Day 2 & 3 will be about 10-14 hours each. We offer you to disconnect from technology during your stay, but this won't be enforced. **By signing up for these specific retreats you are aware of, acknowledge and accept this rule.**
3. **Will I get a chance to stay in touch with my children or loved ones during the retreat?** You will be able to once the days activities are done. This is a time to disconnect and completely immerse yourself in your experience and healing. We completely understand that you may have parental responsibilities. We offer you to make arrangements with friends and family to help you with this. If someone needs to get a hold of you, you'll be given a contact number that you can pass on to family and friends in case of emergencies once you book your retreat.
4. **Will I have opportunities to get to know the other participants?** You will get to know them in a different, non-social normative way. What that means is that there won't be any conversations had about what someone does as a profession, where they've traveled to, if they're married/single/dating or not, if they're into (fill in the blank), or anything that we are used to asking when getting to know someone. All of that energy, attention, and curiosity going outward to someone else is now going to be brought inward so you can get to know YOU. Those kinds of social nicety questions, which can be very interesting, don't matter in our time together. The moment the retreat is over you can ask anyone whatever you wish. Just keep in mind that the person you ask doesn't have to answer if they wish to stay in the resonance of the retreat after we part ways.
5. **Will I get a chance to explore the area on my own?** You will get a chance if you arrive prior to the start of the retreat or afterwards if you wish to stay an extra night at your accommodation. We will be fully immersed into the experience of your transformation.
6. **Why certain food restrictions in some retreats?** As we remove certain toxins from the body, resistances and holdings that may be held in the body, emotions, and mind can begin to be released to be met and transformed.
7. **What are the accommodations?** It will depend on each retreat as each one will be different. Some will include the accommodation. If it doesn't, **and it will be stated if not**, you will book your own separate accommodations for this experience in the surrounding area of the venue. If you happen to live near the venue, then you're welcome to stay home. For those that wish to share an accommodation with others to save on costs, a list will be sent out to those that wish to do so.
8. **How long will our days be?** Day 1 will be between 4-6 hours long. Day 2 & 3 will be between 10-14 hours long.