

Spirit of the Mountain Yoga Retreat with Lisa Murphy

April 25-28, 2024

The Lodge at Smoky Cove

1475 Smoky Cove Road Whittier, NC 28789

Participant Personal Profile and Agreement

Thank you for your interest in our upcoming yoga retreat at The Lodge at Smoky Cove. We look forward to sharing this special event with you.

Please fill out the attached information and return to us.

About you:

Name:

Address:

Phone Number:

Email:

Emergency Contact:

How did you learn about our retreat?

Do you have any physical limitations or medical conditions that we should know about?

Are you a vegetarian or vegan?

Do you have any food allergies or restrictions?

Describe your interest in yoga:

Beginner/ Never took a class

Tried it and want to pursue further

Experienced

Room Accommodations Preference:

Shared (shared bedroom/shared bathroom) \$995

Roommate request:

Semi-private (private bedroom/shared bathroom) \$1095

Private (private bedroom/private bathroom) \$1195

(Yoga with Lisa Community members receive a \$100 discount on the above prices.)

Investment includes lodging, meals, tea/coffee, all yoga/meditation sessions, welcome packet...everything you'll need. Transportation to Smoky Cove Lodge not included.

What we ask of you:

We want you to relax and benefit from your time on the mountain and at the lodge. Here are some suggestions to make your experience more beneficial:

Be Mindful

Throughout the retreat participants are encouraged to cultivate a sense of mindfulness. This means observing thoughts, feelings, emotions, habits, egos, reactions, judgments, desires or anything else that arises during the retreat without judgment as the "observer". Disconnect from your normal routine and be mindful of the present.

Be Kind

Treat yourself and others with respect, honor and unconditional love. Do your best to cause no intended harm to self or others. In yogic teachings this is referred to as Ahimsa and is one of the 5 Yamas or moral restraints. Ahimsa translates from Sanskrit as non-injury and encompasses all. This principle asks us to practice kindness in relation to how we treat ourselves, others, animals and the environment in thought, word and action.

Be Grateful

Over the course of the weekend we will offer various avenues to connect with our natural state of gratitude. One opportunity will be for you to begin (or continue) a gratitude journal recording five things daily for which you are grateful.

Digital Detox

Retreat goers are asked to leave cell phones/technology in their rooms and/or off as much as possible. We invite you to check them minimally. We invite you to choose a specific time during each day to check in. We encourage your electronic use to private time and encourage other activities such as reading, meditating or journaling, hiking/connecting with nature instead.

A retreat is an investment in your physical, emotional and spiritual well being and we want you to get the maximum benefit from participating.

How to Prepare

This retreat is casual and relaxed. In the mountains, it is cool in the mornings and evenings; a jacket or sweatshirt is recommended. You'll also want comfortable clothing for yoga, and clothes/shoes for optional hiking/excursions. There are trails right off of the property to enjoy a hike. We will provide everything else that you need. If you want to dress for dinner and get out of your yoga clothes, feel free, but keep it casual.

You may arrive anytime after 3:00 p.m. on Thursday, April 25, 2024 and get settled into your room and relax, explore the trails or the view from the patio. We will have a meet and greet to get acquainted and to answer any questions.

Hold Harmless

In consideration of my participation in the Spirit of the Mountain Retreat and associated events and activities (referred to as the Retreat) and the services of The Lodge at Smoky Cove, LLC, its agents, owners, officers, volunteers, participants, employees, sponsors and all other persons or entities acting in any capacity on its behalf, as well as its successor and assigns, I, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate (referred to as Participant) hereby agree to and release and discharge The Lodge at Smoky Cove, LLC and Lisa and Chris Connett, individually as follows:

Participant agrees that their participation in the Retreat is voluntary. Furthermore the Participant agrees to assume any and all risk associated with participating in the Retreat and releases The Lodge at Smoky Cove and Lisa & Chris Connett from any and all claims of loss, damage or injury. Participant warrants that they are physically fit and capable of participating in this event without undue risk to themselves and/or has consulted with medical professional to determine their ability to participate.

Payment and Cancellation Policy

Please forward credit card information for your deposit back with this registration information. A 50% deposit is due at the time of registration with the remaining 50% due by April 1, 2024. Please advise if you would like to pay in full or just the deposit. Once the deposit is paid it is non-refundable as we have a limited amount of spaces for participants. If we are able to fill your space a refund may be possible but will be at the discretion of LSC. If you are uncomfortable with providing your credit card information via email we can accept a check payable to The Lodge at Smoky Cove or you are welcome to call and provide your card information over the phone. Venmo also accepted. Send to @lisaconnett. You can reach Lisa Connett at 407-922-4644 or 828-631-2531.

Signature of Participant: _____

Printed Name of Participant _____

Credit Card Info:

Expiration _____ CVC _____ Zip associated with card _____

Please feel free to call or email with any questions.

We are so grateful you have chosen to attend our retreat and we look forward to meeting you and sharing this experience with you.

Namaste'

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