



Things You Should Know to Achieve Best Outcomes from your Therapeutic Vacation

We recognize and affirm that you have put forth a great amount of resources to attend this retreat. This is an investment in yourself and we want you to receive the highest possible good from our time together. We encourage you to approach the activities with an open mind and a positive attitude. We expect that you will have a wide range of feelings and reactions, which is a natural part of the experience. It's OK to feel nervous and have some anxiety about what will happen. Here are some suggestions to make the most of your retreat experience.

General Suggestions:

- Slow down. Start moving at a much slower pace than you would at home, allowing enough time to walk slowly to meals and groups, and enjoy your surroundings.
- Minimize contact with work or home activities ("Be here now!").
- Avoid anything that might lead to stress, like watching the news or engaging in social media. Try to make this an immersive experience as much as possible.
- Enjoy the pillow menu, custom scent amenities, and 24-hour room service.
- Protect your skin at all times from the sun. It's very strong and sunburn will cause great discomfort during group sessions.
- Continue to take probiotics during your stay.
- Hydrate and get plenty of rest.
- Promote an environment of inclusiveness, as ALL of you have expressed fear of traveling alone.
- Attempt vulnerability. We are all here working toward the same goals and it helps when you can be open by talking about your feelings.
- Ask questions as they arise.
- Reach out to Danielle or Pam at any time with concerns. We are here to make your experience productive but comfortable.
- Individual sessions with Danielle are available as an enhancement to personal goals.
- What you put into this vacation is what you will get out of it. You can participate solely in the programming as structured or have a more focused, intense experience through individualized counseling.
- No gossiping. This group is women supporting women. Any negative or toxic energy affects the whole group.
- This is not a fashion show. This is an opportunity to love your body and feel free from normal constraints that you might feel at home.
- For safety reasons, if you plan on leaving the property on an excursion or to shop, please let someone know.

Group Sessions:

- Arrive at least 5 minutes prior to group session start times
- Please turn off your cell phones
- Wear loose comfortable clothes
- Use the restroom before sessions start
- Adhere to group rules, which will be discussed
- Bring yoga equipment (blocks and blankets)
- Feel free to bring any personal “comfort” item that would be helpful to achieve full participation
- Bring a pen and journal for notetaking

Dress Code: Please attend group sessions in comfortable clothing where your movement will not be restricted.

Evening Dress at Resort Restaurants: Shorts and bare feet are not permitted. Please pack accordingly.

Alcohol: Please be advised that alcohol should be consumed in moderation. We strongly encourage you to end alcohol consumption two hours prior to our group session. If you attend a group session intoxicated leading to disruption of the group dynamic, you will be asked to leave.