



Retreat

FREQUENTLY ASKED QUESTIONS

WHY GO ON A WELLNESS RETREAT?

A WELLNESS RETREAT CAN HELP YOU TO RECOUP, REST AND RESTORE MENTALLY AND PHYSICALLY. WITH THE STRESSORS OF WORK, LIFE, AND RELATIONSHIPS, SOMETIMES ALL YOU NEED TO DO IS GET AWAY. THESE WELLNESS RETREATS CAN ALSO TRANSFORM YOUR LIFE BY BRINGING YOU TO A NEW DESTINATION. WHETHER THAT'S IN THE DESERT SURROUNDED BY RED MOUNTAINS OR THE WARM PACIFIC WATERS SURROUNDING COSTA RICA, OR THE FOODIE AND ARTIST DELIGHTS OF ITALY, EACH LOCATION PROVIDES A UNIQUE ATMOSPHERE TO HELP YOU CENTER YOUR MIND AND BODY. IT'S AN OPPORTUNITY TO HAVE EXPERIENTIAL GROWTH AND LEARNING AND TO LITERALLY IMMERSE YOURSELF IN A BEAUTIFUL SETTING WITH HEALTHY DELICIOUS FOOD, BEAUTIFUL SURROUNDINGS, GREAT PEOPLE AND A LITTLE BIT OF YOGA.

HOW MUCH YOGA DO WE ACTUALLY DO ON RETREAT?

AT LEAST ONE CLASS A DAY, USUALLY IN THE MORNING, IS OFFERED. SOME RETREATS HAVE AN AFTERNOON RESTORATIVE CLASS AS WELL. CLASSES ARE DESIGNED FOR ALL LEVELS OF YOGA FROM BEGINNER TO INTERMEDIATE.

HOW MANY PEOPLE ARE ON THIS RETREAT? ARE THERE ANY MEN?

THE AVERAGE RETREAT WILL RANGE FROM 12-20 PEOPLE. I OFTEN HAVE MEN ON WELLNESS RETREATS. THEY ENJOY THE LOCATIONS, ACTIVITIES, AND FOOD SAME AS ALL OF US. SOME OF THE MEN WILL PARTICIPATE IN YOGA ONCE OR TWICE, BUT MAYBE NOT ATTEND EVERYDAY. ALL YOGA CLASSES ARE ACTUALLY OPTIONAL FOR EVERYONE. I AM HAPPY TO PROVIDE IT FOR THOSE THAT WANT TO RELAX AND STRETCH OUT TIGHT MUSCLES FROM THEIR LIFE OR THE PRIOR DAYS' ACTIVITIES.

WILL THE FOOD BE ALL VEGAN? WHAT IF I HAVE A DIETARY RESTRICTION?

THE FOOD ON THE RETREAT IS DELICIOUS! WHILE ALWAYS HEALTHY, IT IS NOT ALWAYS VEGAN OR VEGETARIAN. OFTEN A PROTEIN OPTION IS AVAILABLE. MOST RETREATS DO ACCOMMODATE ALLERGIES AND GLUTEN FREE RESTRICTIONS. JUST LET US KNOW AHEAD OF TIME AND WE CAN EASILY COORDINATE.

IS THERE AIR CONDITIONING IN HOT LOCATIONS?

YES. THERE IS AIR CONDITIONING AVAILABLE IN OUR ROOMS FOR WARMER WEATHER. ESPECIALLY NICE FOR SLEEPING.

WHAT IS THE CANCELLATION POLICY?

EACH RETREAT WILL HAVE ITS OWN CANCELLATION POLICY, AS THE POLICY IS ESTABLISHED BY THE RESORTS, NOT DIRTY FEET WELLNESS.

WHY IS IT SO EXPENSIVE? I CAN GO ON MY OWN FOR A LOT LESS.

THE RESORTS AND DESTINATIONS CHOSEN HAVE BEEN CAREFULLY VETTED FOR QUALITY, SAFETY, EASE, AND CONVENIENCE. PLEASE REMEMBER THAT THE PRICES SET USUALLY INCLUDE ALL OF YOUR ACCOMMODATIONS, MANY MEALS, AND SOMETIMES AN EXCURSION OR TWO.

DO THE FOREIGN LOCATIONS ACCEPT CREDIT CARDS, US DOLLARS OR CURRENCY EXCHANGE?

EACH RETREAT WILL ESTABLISH ITS OWN POLICY WITH MOST OF THEM READILY ACCEPTING MAJOR CREDIT CARDS AND US DOLLARS. IT'S ALWAYS NICE TO HAVE A LITTLE BIT OF THE LOCAL CURRENCY AVAILABLE FOR TIPPING OR LIGHT SNACKS OUT.

WILL THERE BE ENOUGH TO DO?

YES! ALL OF THE LOCATIONS CHOSEN ARE BASED ON A FUN ACTIVE CULTURAL IMMERSION. THAT BEING SAID WE ALSO MAKE SURE YOU CAN CHOOSE TO RELAX, UNWIND, AND ENJOY A MASSAGE OR READ YOUR FAVORITE BOOK BY THE POOL.

IS THE YOGA OK FOR BEGINNERS?

YES! ALL CLASSES TAUGHT BY DIRTY FEET WELLNESS WILL BE GEARED TO ALL LEVELS, EVEN BEGINNERS. FEEL FREE TO ATTEND AS MANY OR AS FEW CLASSES AS YOU'D LIKE.

WHAT TYPES OF PEOPLE ARE ON WELLNESS RETREATS?

ALL KINDS OF FOLKS SEEKING FUN WITH LIKE MINDED PEOPLE. FAMILIES ARE WELCOME AS WELL. AGES IN THE PAST HAVE VARIED FROM 18-75. GRAB YOUR FAVORITE TRAVEL COMPANION(S) AND ENJOY EACH OTHERS' COMPANY. OR TRAVEL ALONE, BUT WITH THE GROUP. IT'S A NICE WAY TO FEEL SAFE AND YET STILL HAVE THE EXPERIENCE OF TRAVEL.

CAN I ROOM BY MYSELF?

YES. WE RECOGNIZE THAT RETREAT IS A PERFECT TIME FOR SOME PRIVACY. A SINGLE ROOM WHICH WOULD USUALLY ACCOMMODATE 2 PEOPLE IS AVAILABLE AT A SLIGHT UP-CHARGE.

CAN I SHARE A ROOM WITH SOMEONE ELSE?

YES. NOT ONLY IS THERE A COST SAVINGS ASSOCIATED WITH SHARING, BUT IT IS OFTEN PREFERRED. EACH RETREAT WILL HAVE IT'S OWN ACCOMMODATIONS FROM KING SIZE BEDS, TO TWO QUEEN OR SINGLE BEDS AVAILABLE IN A ROOM.

I'D LIKE TO COME WITH SOMEONE ELSE WHO WON'T BE PRACTICING YOGA, IS THAT OK?

YES. YOGA IS OPTIONAL.

ARE YOGA MATS PROVIDED?

THIS WILL VARY FOR EACH LOCATION.

ARE FLIGHTS INCLUDED?

FLIGHTS ARE NOT INCLUDED.

CAN I ARRIVE EARLY OR STAY LATER AFTER THE RETREAT ENDS?

YES. ARRANGEMENTS OUTSIDE OF THE CONTRACTED RETREAT DATES NEED TO BE MADE BY EACH INDIVIDUAL PERSON.