



VIBE RETREAT FAQ – EVERYTHING YOU WANT TO KNOW AND MORE!

What types of passes are available to the retreat?

- Full weekend pass includes shared accommodations high-vibrational meals (5) and unlimited access to 15+ sessions with 10+ teachers. You will also receive a welcome bag with goodies to enhance your experience.
- Weekend commuter pass (2 days, no nights) includes unlimited access to 15+ sessions with 10+ experts, high-vibrational meals (5) and a welcome bag with goodies to enhance your experience.

Tell me more about the overnight accommodations?

Within the SHINE Retreat + Education Center there is a bunk room that has a total of 4 bunk beds that sleep 12 people, along with 3 additional cots. The bunk room has a door leading to the bathroom for easy access and a door leading to the Retreat and Education Center. The bunk room is equipped with charging stations, a chest of drawers and a vanity with stool for each bunk.

PS – From our experience in hosting retreats, we notice that guests are sometimes hesitant about staying in the bunk rooms during the retreat. However, these same guests cite the bunk rooms as one of their very favorite parts at the end of the retreat. For this retreat, 12 overnights spots are available.

If I want to attend the retreat but not stay the night, is this allowed?

Yes! Of course! There is a Weekend commuter pass option. This gives you access to all of the meals and unlimited sessions. The only difference is you would leave to go home after the evening sessions on Saturday and then return once again Sunday morning. There are a limited number of commuter spots available.

What happens if it rains?

This retreat is an “indoor” event, so no worries if it rains. However, if its not raining, we will have access to 6 acres that includes outdoor grill, firepit, meditation trail, walking trail, a 1.5 acre pond for us to enjoy. Weather permitting, some sessions will be moved outdoors.

Where is the retreat?

The retreat is located at SHINE Retreat + Education Center in Kent Ohio, just minutes away from Dix Stadium.

When is the retreat?

July 18-19, 2020

How many people will be in attendance?

We are limited the number to 30 attendees for this specific retreat

What is the registration and cancellation policy for the retreat?

Registration is required at least two-weeks prior to event (assuming all spots are not already sold out).

Please note that retreat fee is non-refundable but the fee can be transferred to a different person if communicated at 48 hours in advance.

Where do I go once I arrive?

Please come see us at the “check-in table” which will be located right inside the SHINE Retreat + Education Center reception area (please see map on website www.shineakron.com/vibe-retreat).

**Where do I park?**

Please see map for parking at www.shineakron.com/nest, which will show designated parking areas.

What should I bring with me?

Please see how retreat page at www.shineakron.com/vibe-retreat for what to bring

What should I NOT bring?

Please don't bring anything of great value. SHINE is not responsible for any stolen or lost personal items.

I'm staying the night, how many showers are there?

[More details to come](#)

What time is check in?

Saturday, July 18 between 8-9am

What if I need to check in late?

If you are not able to check in during the hours listed above, please let us know so we can make necessary arrangements. Easy, peasy!

What time is check out?

We will conclude our final session by 4:00p on Sunday, and we will have until 4:30p to leave the facilities.

What food will be served?

As we will learn during the retreat, the food/fuel we consume can either lower or raise our vibration. For that reason, we are excited to provide you with high-vibrational meal and snack options.

What if I have food restrictions?

You can provide any food restrictions details to us when you purchase your ticket online.

Can we bring our own food and drinks/alcohol?

The retreat location does not allow any food or drinks in the bunk room. Also, the retreat center is an alcohol-free campus – so no alcohol is permitted.

At the retreat center, you will have access to a water dispenser; we strongly encourage you to bring a water bottle with you so that you will have access to water during the event. Along with the meals, snacks will be provided each day. If you would also like to bring additional snacks to accommodate your eating habits that would be perfectly acceptable.

Who are the experts/teachers/speakers for the retreat? Glad you asked. We have over 10 teachers and over 15 sessions. Please see the full weekend agenda on the website at www.shineakron.com/vibe-retreat. Also, at the very bottom of the webpage, you can read bios and session descriptions. Please note: Things sometimes happen and the agenda is subject to change without written consent. Thank you for understanding.

**Will there be free time during the retreat?**

There are a couple of 30-minute free time breaks built into the agenda. Other than that, there are sessions and meals starting as early as 7:15a through 10:00p throughout the weekend retreat with 15 or 30 minute intervals between. However, all of the sessions are optional. So, if you feel like taking a hike, a nap outside in a hammock, or just chillin' with your tribe during scheduled sessions, go for it!!

Can I film sessions during the retreat?

We ask that you do NOT film any portion of the retreat. We are grateful for your understanding in this matter. However, you CAN take as many pictures as you want, just no filming.

Is there a release form?

Yes, you must sign a release for at check-in. To cut down on check-in time, please consider printing the release form, which can be found at www.shineakron.com/vibe-retreat and bringing it with you at time of check-in. However, no worries if you forget this, we will have plenty of copies for you to sign at check-in.

What if I have a question that was not answered in this FAQ?

Please submit any additional questions to Cortney Martinelli at cortneyshineakron@outlook.com