



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

What types of passes are available to the retreat and how much do they cost?

- Full 3-day pass includes shared accommodations (dormitory style bunk rooms) with newly remodeled bathrooms, high-vibrational meals (5) including vegetarian options and unlimited access to 20+ sessions with 15+ experts. You will also receive a welcome bag with goodies to enhance your experience. (\$409)
- Commuter pass (3 days, no nights) includes unlimited access to 20+ sessions with 15+ experts, high-vibrational meals (5) including vegetarian options and a welcome bag with goodies to enhance your experience. (\$309)
- Friday Night Pass includes dinner and access to Friday's sessions (\$59)
- Saturday Day Pass includes 3 meals and access to Saturday's sessions (\$199)
- Sunday Morning Pass includes breakfast and access to Sunday's sessions (\$89)

Is it bad to only attend part of the retreat instead of the full 3-days?

This retreat is intended as a full three-day retreat; day one lays the foundation for the experience, and each session, and each day perfectly unfolds as it culminates with a personalized action plan on day three. We strongly encourage you to "be with us" for the entire 3-days to receive the full benefits. However, day passes are also available as follows:

- Friday Night Pass includes dinner and access to Friday's sessions (\$59)
- Saturday Day Pass includes 3 meals and access to Saturday's sessions (\$199)
- Sunday Morning Pass includes breakfast and access to Sunday's sessions (\$89)

If you miss Sunday's closing session, you will be provided with the action plan one-pager to fill out and personalize on your own time.

Can I request to bunk with my friends/family?

Yes!! For sure! During registration (at the time you purchase your pass), you can enter up to five people that you would like to have in your bunk room with you.

How do the bunk rooms work?

There is a total of seven bunk rooms with anywhere from 4 to 16 people in a room. If you choose the full 3-day pass, you will be placed in one of these rooms based on your preferences [ie your bunk room preference (ie: early bird, night owl, silent room) and how many friends you told us about at time of your retreat pass purchase.].

Please note: "bunk room preference" refers to which type of "roomies" you would like to bunk with during your 2-night stay. Selecting "silent" for your bunk preference does NOT mean that you intend on being silent for the entire retreat, it only means that you prefer to be silent while in your room as you prepare to fall asleep and as you wake in the morning. We also have "early birds" and "night owls" as the two other preferences. If you plan to wake early in the morning before the first session or for the early bird session, we suggest picking this option. If you plan on staying up past the last session and sleeping in a bit, we suggest that you pick the "night owl" preference. These preferences are guidelines as to be mindful of our bunk mates.

PS – we have heard from other retreat planners that the guests are sometimes, at first, 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.



If I want to come to all three days but I don't want to stay the night at the retreat, is this allowed?

Yes! Of course! There is a 3-day 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 Friday and Saturday and then return once again in the morning. This pass is \$100 cheaper than the full 3-day pass. Also, cheaper than buying each day individually.

What happens if it rains?

This retreat is actually an "indoor" event, so no worries if it rains. However, the sessions, meals, and sleeping quarters are all in separate buildings (with a short walk), so if the weather is calling for rain, you might want to bring an umbrella to use as you walk between the buildings. Also, keep in mind that the retreat is on 500 acres, so there will be extra time to enjoy the outdoors if the weather permits.

Where is the retreat?

The retreat is in Peninsula located at the only private section of the Cuyahoga Valley National Park on 500 beautiful acres. We will be at the Lipscomb campus (there are two campuses). Please use this address for your GPS: 3675 Oak Hill Rd, Peninsula, OH 44264-9630

When is the retreat?

Friday, May 1 – Sunday, May 3

How many people will be in attendance?

We can accommodate up to 64 people

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 under all circumstances. Fee can be transferred to a different person if communicated at least 2 weeks in advance and if minimum retreat size is met.

Where do I go once I arrive?

Please come see us at the "check-in table" which will be located right outside of the Lipscomb dormitory (please see map on website www.shineakron.com/vibe-retreat). Ideally (weather permitting) we will be right outside of the doors. (Right inside the doors if bad weather).

If you have bags that you do not want to carry on the short 2-3 minute walk from the parking lot to the check-in, then you can pull your car in through the circle at the Lipscomb dormitory building – drop your bags off, park and then check in. However, if you are a commuter or have bags small enough to carry without trouble, then please park your car **FIRST** in the parking lot and then walk over to check-in.

Where do I park?

Please see campus map for parking. Look for the yellow "star" on the map that says "park here". There are about 60 parking spots in the administrations parking lot. We encourage ride sharing with friends and family to the retreat whenever possible. Once you park, it is only a short 2-3 minute walk to the Lipscomb campus from the parking lot.



What should I bring with me?

Please bring an open heart and an open mind. Also bring the following earthly items:

- Yoga mat and additional props (for your comfort)
 - **Please note:** We will NOT have extra mats available – you should bring your own. Thank you for understanding. If you plan on attending the Sound Therapy and Restorative Yoga sessions during Friday and/or Saturday evening, we STRONGLY encourage you to consider bringing a yoga bolster, and yoga (or non-yoga blanket) along with yoga blocks. If you do not have any of these items, please don't feel the need to go out and purchase them. In fact, just bringing a pillow with you, instead of a yoga bolster will serve the same purpose. We will have some props available (but depending on the number of attendees, props may become sparse, and we would like for you to be as comfortable as possible 😊).

Optional for your comfort:

- Umbrella (in case it rains)
- Flashlight
- Bug spray
- Water bottle (there will be water fountains to fill up your water bottle)
- Dress comfortably! Dress in layers! Bring comfy shoes for hikes and strolling on the beautiful property
- Bring anything else that might make you more engaged and comfortable
- Phone charger (we will have only have a couple of iPhone chargers in the “charging area”)

If you are staying the night:

- Linens, blankets and pillows for your bunk. All bunks are twin size. **THERE WILL NOT BE LINENS, PILLOWS OR BLANKETS PROVIDED**
- We also suggest fans, ear plugs or a noise maker if you are a light sleeper
- Shower and toiletry items (bath towel, shampoo, soap, toothbrush, toothpaste etc.)
 - Each bunk also has a private chest of drawers (they do not lock – see next question) to store your personal belongings.
 - **Please note:** no food or drinks are allowed in the bunk rooms (although bringing water and protein/snack bars are acceptable.)

What should I NOT bring?

Please don't bring anything of great value. Cuyahoga Valley National Park and SHINE Akron are not responsible for any stolen or lost personal items.

Can secure items in the bunk rooms? There are cubbies that lock with one universal key. If you must bring something that needs secured, you can use one of these cubbies and the host will lock up the item for you. Or you can place items in your vehicle/trunk too.

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

There are male and female bathroom/shower areas located in the sleeping quarters. In the woman's restroom, there are newly remodeled showers – a total of 5. And 4 sinks. If you are using the showers in the morning, please be mindful that there are 20+ other attendees that will also be staying the night and potentially using the showers, sinks etc.

What time is check in?

Full 3-day pass and commuter pass:

- Friday between 5:30p-6:30p



- Bracelet will be given, please wear it the entire weekend

Commuter pass:

- If you have purchased a commuter pass for the 3-days and already checked in on Friday, **there is no need to check in again on Saturday and Sunday**, you can return the following day at any time (please make sure you wear your bracelet given to you at check-in on Friday – this will indicate to staff that you did indeed already check-in on Friday)

Day pass:

- Saturday between 7a – 8a
- Sunday between 7a – 8a

What if I need to check in late?

If you are not able to check in during the hours listed above (in check-in time question), **you must let us know so we can make the necessary accommodations**, as we will not have a “check-in” person outside of these listed hours.

What time is check out?

We will conclude our final session by 1:30p on Sunday, and we will have until 2:00p 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 have the chefs, at our retreat location, cook us delicious meals using locally grown, sustainable produce, as well as food grown right on the 500-acre property. During the retreat we will serve minimally-processed, made-from-scratch foods, and minimizing serving food with unwanted preservative and additives.

What if I have food restrictions?

The retreat chefs will happily accommodate any food allergies/restrictions. However, you must fill in the [information on this link](#) in order for the chef to accommodate your food restrictions. If you do not fill in this link, your preferences will NOT be noted (even if you provided the information at registration). Thank you for understanding. [Learn more here.](#)

Can we bring our own food and drinks/alcohol?

The retreat location does not allow any food or drinks in the bunk rooms/dormitories. Since this is a national park, it is an alcohol-free campus – so no alcohol is permitted.

On campus, you will have access to water fountains; we strongly encourage you to bring a water bottle with you so that you will have access to water during the event. Afternoon snacks will be provided, along with the meals provided each day. If you would also like to bring additional protein/snack bars 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 15 experts and over 20 sessions. Please see the full 3-day 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 I have access to the experts and teachers after the retreat and/or their session?



Most of our teachers/experts are also students of vibration and will be in attendance during the retreat for other sessions. Most, if not all, of the teachers/experts will be sharing their contact information so that you can contact them after the retreat with questions and other opportunities to partner and co-create together. One of our goals during the retreat is to build community – so don't be shy with connecting with others!

Can I go to every session?

YES! You sure can! There is 15 minutes or more between each of the sessions, so that should give you enough time to get to all the sessions. We do ask that you be mindful and try not to come to sessions late to avoid being a distraction to your teachers and fellow students.

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.

Will there be free time during the retreat?

There is a limited number of "free time" slots scheduled on the agenda. But for the most part, there are continuous sessions and meals starting as early as 7:15a through 10:00p during the 3-day 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, or just chillin' with your tribe during scheduled sessions, go for it!!

Is there a release form?

Yes, you must sign [this release form](#) at check-in. To cut down on check-in time, please consider printing it and bringing it with you at time of 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