

THE CONSCIOUS MATE RETREAT

Retreat location to be announced

GUIDELINES

The Conscious Mate retreats are VERY intensive - as we fill the agenda with a lot of energetic, transformational activity. It is recommended that you follow these guidelines for maximum benefit:

- Get good rest the night before the first day
- Eat your dinner Friday evening before arriving – we will provide a snack during the preliminary ceremony.
- Dress in loose fitting, comfortable clothing - Dress in layers – weather permitting, we will be outdoors for part of the retreat
- No children or pets, let loved ones/associates know you will check in – all cell phones OFF except during personal breaks, NO alcohol/drugs, NO smoking
- Please don't plan anything physically or emotionally demanding for Sunday evening after the retreat – try to plan a nice relaxing evening at home or some gentle social event if anything. You may not feel like doing ANYTHING but taking a nice bath and going to bed early. You may want to get some bulk sea salt for that bath.

GENERAL AGENDA

- Friday – 7 PM orientation & healing meditation
- Saturday & Sunday activities include:
 - Workshop segments
 - Group exercises & projects
 - “Flex Time” for working on projects
 - Individual projects
 - Dancing, Drumming
 - Personal Projects
 - Relationship Healing Meditation
 - Optional Individual energy treatments by Joy (scheduled during “flex time”)
 - Shamanic journey
- Breakfast, lunch & dinner breaks – personal breaks
- Sunday 4-5 PM Closing

WHAT TO BRING

- Your Relationship Baggage
- Extra cash for non event spending, tapes, books and other; tent/sleeping bag if camping
- Water bottle, teddy bear/soft stuffed object/animal, a “BEFORE” photo, pillow, yoga pad, disposable favorite magazines
- A journal if you wish – for documenting your own personal experience in the retreat
- Sacred object for ceremony – picture, jewelry, rock, gift (anything small that is special)
- Healthy snacks if you wish (for yourself in between meals) nuts, seeds, dried fruit - NO CANDY

WHAT TO EXPECT

- A diverse group of classmates
- A MAJOR change in the aspects of your life where you are ready to transform - improvement in vitality, clarity and balance, longevity
- All meals provided Sat - Sunday thru Sun lunch – snack. Water and tea are provided (if you have food allergies, let me know ASAP – meals important element of reprogramming - NOT include beef, pork, dairy, pasta, white breads or foods containing preservatives or commercial sugars.

\$350.00* shared room, meals listed, workshop materials - *Private Room + \$100

JoyRae Freeman – Matchmaker, Spiritual Warrior, Qi-Gong Master/Instructor, Divine Light Conduit, Master Healer, Laser Reiki VII Master, Ordained Minister, Writer, Radio Producer

Please Print this out, cut and return the form below with deposit. Limited capacity (**MUST PRE-REGISTER**) 838 Logan St, Helena, MT 406-449-5537

****INCLUDE \$200 Deposit-CCard/PayPal online - Checks PAYABLE to Clarette C. Martin**

NAME _____ Phone _____

Address _____ City _____ Zip _____

Please list other transformative events attended. – what is purpose of your attending this retreat? _____

