

SUMMER WELLNESS RETREAT

June 10-13, 2022

Reuniting on Retreat after Two Years!

**I'm so looking forward to being with you at the lovely
Mercy by the Sea in Madison, Connecticut**



DETAILS

This is an 4-day/3-night retreat. Arrival is Friday after 4 pm and Departure is Monday after 11 am. This retreat is capped at 16 participants. We will stay in a large private house on the retreat center grounds (with a possibility of some rooms being in the main house depending on capacity), with ample views of Long Island Sound. Participants will have the choice of single or double accommodation, with either a private or shared bath. All meals are included. There is a kitchen where use of a microwave and refrigerator are available should you want to bring extra food. There will be 1-2 wellness sessions per day. Modalities of practice will include: yoga, Qigong, self massage ballwork, meditation, and breathwork. Weather permitting, we will hold sessions outdoors. There will be free time in the afternoon to enjoy the private beach, walk the labyrinth, explore the grounds or surrounding areas. The retreat center is a two hour drive from New York City, and also accessible by Metro North Railroad.

COVID PROTOCOLS

All participants must be fully vaccinated and boosted. A negative Covid test (within 48 hours) must be shown upon arrival. Per retreat center guidelines, masks are optional; however we can decide as a group whether to mask in common spaces in the house. As we will not be the only group at the retreat center, meal times in the Dining Hall will be staggered and a limited amount of people can sit at one table. Should you not want to eat in

the Dining Hall, you can also take meals outside or to our private house. There will not be daily cleaning service or turn down service in your rooms. Please note that protocols may change depending on the circumstance at the time of the retreat.



INVESTING IN YOU

\$950 single occupancy w/ private bath

\$900 single occupancy w/ shared bath (shared with one other room)

\$750 double occupancy* w/private bath

\$700 double occupancy* w/shared bath (shared with one other room)

* Please note that double occupancy requires 2 people registering together for the same room. Roommates will not be assigned.

Included: Accommodations, 1-2 daily wellness sessions, all meals (from dinner on night of arrival until breakfast on day of departure), being in community!

\$200 deposit is required to reserve your spot. Balance is to be paid by May 10, 2022. Payment plans are available. To register, email: chiati@onelovewellness.com or call: **917-348-5757**

Cancellation Policy: Retreat fee minus the \$200 deposit will be returned if you cancel before 45 days of the retreat. Between 44-15 days of the retreat, you will receive 50% of the retreat fee minus the deposit. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather, unforeseeable events, or Covid related situations. If there is a waitlist and your spot can be filled from there, then your retreat fee minus the deposit can be refunded.

Chia-Ti has taught yoga, mindfulness and resilience building for the past 19 years. Her passion is making connections between wellness and social justice, through a trauma-conscious and strengths-based lens. She teaches adults, elders, and court-involved teens in NYC. Chia-Ti leads international yoga retreats, as well as facilitates workshops on navigating stress, cultivating resilience, and encouraging belonging. She believes in making wellness accessible, affordable, and relevant for all.

