

We want you to relax and benefit from your time on the mountain and at our lodge. Here are some suggestions to make your experience more beneficial:

Be Mindful

Throughout the retreat participants are encouraged to cultivate a sense of mindfulness. This means observing thoughts, feelings, emotions, habits, egos, reactions, judgments, desires or anything else that arises during the retreat without judgment as the “observer”. Disconnect from your normal routine and be mindful of the present.

Be Kindful

Treating ourselves and others with respect, honor and unconditional love. Doing our best to cause no intended harm to self or others. In yogic teachings this is referred to as Ahimsa and is one of the 5 Yamas or moral restraints. Ahimsa translates from Sanskrit as non-injury and encompasses all. This principle asks us to practice kindness in relation to how we treat ourselves, others, animals and the environment in thought, word and action. We ask that we give ourselves and others the gift of silence and to not engage in any conversations regarding politics, covid, vaccines or anything else potentially highly controversial. In all communication practice kindness and respect.

Be Grateful

Over the course of the weekend we will offer various avenues to connect with our natural state of gratitude. One opportunity will be for retreat goers to begin (or continue) a gratitude journal recording 5 things daily.

Digital Detox

Retreat goers are asked to leave cell phones/technology in their rooms or away as much as possible and to limit checking it minimally during the day. Choose a specific time during the day to check in and limit responses as to not get pulled away from here and what you want to accomplish. We encourage your electronic use to private time and encourage other activities such as reading, meditating or journaling, hiking/connecting with nature instead.

A retreat is an investment in your physical, emotional and spiritual well being and we want you to get the maximum benefit from participating.

How to Prepare

This retreat is casual and relaxed. It is cool in the mornings and evenings even in the summer so a jacket or sweatshirt is recommended. At least 3 or 4 changes of yoga clothes for classes. Don't worry about anything we will provide everything you need. Tennis shoes or hiking shoes are encouraged. There are trails right off of our property to enjoy a hike. If you want to dress for dinner on Saturday night and get out of your yoga clothes but keep it casual. We want you to relax and be comfortable.

You can arrive anytime after 3:00 p.m. on Thursday, November 7, 2024 and get settled into your room and relax, explore the trails or the view from the patio. We will have a meet and greet at 6:00 pm to get acquainted and to answer any questions and give you an itinerary followed by a yoga nidra class. Anyone wanting to arrive a day or two early or stay a day or two longer a special rate of \$99 per night will be extended. Space available applies for October. October is the most popular time to visit the mountains so we may be full before and after the retreat so make your plans early !

Hold Harmless

In consideration of my participation in the Spirit of the Mountain Retreat and associated events and activities (referred to as the Retreat) and the services of The Lodge at Smoky Cove, LLC, its agents, owners, officers, volunteers, participants, employees, sponsors and all other persons or entities acting in any capacity on its behalf, as well as its successor and assigns, I, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate (referred to as Participant) hereby agree to and release and discharge The Lodge at Smoky Cove, LLC, Om Shanti Wellness, LLC and Lisa and Chris Connett, individually as follows:

Participant agrees that their participation in the Retreat is voluntary. Furthermore the Participant agrees to assume any and all risk associated with participating in the Retreat and releases The Lodge at Smoky Cove and Lisa & Chris Connett as well as Om Shanti Wellness LLC. from any and all claims of loss, damage or injury. Participant warrants that they are physically fit and capable of participating in this event without undue risk to themselves and/or has consulted with medical professional to determine their ability to participate.

Payment and Cancellation Policy

Congratulations ! If you are reading this you have already registered. Please forward credit card information for your deposit back with this registration information. Once the deposit is paid it is non-refundable as we have a limited amount of spaces for participants. If we are able to fill your space a refund may be possible but will be at the discretion of LSC. If you are uncomfortable with providing your credit card information via email we can accept a check payable to The Lodge at Smoky Cove or you are welcome to call and provide your card information over the phone. You can reach me at 407-922-4644 or 828-631-2531. We can also accept venmo at @Lisacconnett

Signature of Participant: _____

Printed Name of Participant _____

Credit Card Info: _____

Expiration _____ CVC _____ Zip associated with card _____

Please feel free to call or email with any questions you have.

I am so grateful you have chosen to attend our retreat and I look forward to meeting you and sharing this experience with you.

Namaste'

Lisa Connett
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