

The Lodge at Smoky Cove  
Spirit of the Mountain Wellness Retreat  
[info@smokycovelodge.com](mailto:info@smokycovelodge.com)  
828-631-2531

1475 Smoky Cove Road  
Whittier, NC 28789

### Participant Personal Profile and Agreement

Thank you for registering for our upcoming retreat at The Lodge at Smoky Cove. We look forward to hosting you and sharing this special event with you.

Which retreat are you registering for ? **Om Shanti Yoga**  
Date and Instructor ? **9/25-9/28 with Susan Hearn and Daryl Bozovich**

Please fill out the attached information and return to us.

Tell us about you:

Name

Address

Phone Number

Email

Emergency Contact

How did you learn about our retreat ?

Do you have any physical limitations or medical conditions that we should know about ?

Are you a vegetarian or vegan ?

Do you have any food allergies or restrictions ?

Describe your interest in yoga/meditation

Beginner/ Never took a class  
Tried it and want to pursue further  
Experienced

We want you to relax, have fun 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 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. This is your time; don't let the world pull you away.

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, relaxed and fun ! Come as casual as you would like. You can even come in or bring pjs. Tennis shoes or hiking shoes are strongly encouraged. We will provide everything for you. We want you to relax and be comfortable.

## 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 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 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 committed to registering. Please forward credit card information for your deposit back with this registration information. We can accept venmo at @lisaconnett or a credit card over the phone if you are uncomfortable providing by email. A check payable to The Lodge at Smoky Cove is also accepted. You can reach me at 407-922-4644 or 828-631-2531.

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  
General Manager  
The Lodge at Smoky Cove  
407-922-4644  
828-631-2531  
lisa@smokycovelodge.com