

# FALL INTO AUTUMN REBOUND RETREAT WELCOME

**Hello! Your Fall Into Autumn Retreat Registration and Deposit Payment have been received. We are so excited that you are joining us!**

**This is your Welcome Kit containing important information, including a Waiver Release Agreement, Photo and Testimonial Authorization Form, and Retreat Intake Form for you to sign and return upon receipt of this Welcome packet. For additional information and all details, please refer to the PDF link provided at the top of the FAQ on page 3.**

## LOVE AND WELCOME!

*Autumn is a season for transformation and a time to acknowledge the ache in our souls as we let go of the warmth of summer and what once was and enter into the cold of winter, along with the unknown of what's to yet to come with the next season. But there is so much beauty in the crisp air and in the golden hues in the skies and the leaves surrounding us. Change is here and more is coming, and we hope that it will be enough to warm your heart and rekindle the embers of hope, inspiration and vision in your soul. May this fall be a beautiful time to move forward together, embracing change and challenging our hearts to do the same. Fall Into Autumn is a Retreat for the Soul and Body, a Rebound from the disruption and chaos of the pandemic.*

*Love and Respect,  
Nina and Michele*

PLEASE READ, SIGN, SCAN AND RETURN THE: 1) WAIVER RELEASE AGREEMENT; 2) PHOTO AUTHORIZATION & TESTIMONIAL FORM AND; 3) RETREAT INTAKE FORM UPON RECEIPT OF THIS WELCOME KIT TO: [NINA@BEINGHUMANLIFE.COM](mailto:NINA@BEINGHUMANLIFE.COM)



**BEING HUMAN LIFE**  
Entelechy Institute



# OUR RETREAT PROMISE

*Experience personal renewal, energetic reset and centered confidence in a new vision for the future in the new era.*

We all know so well the big changes and exhausting chaos that have accompanied the pandemic. As a sensitive, empathic and giving coach, therapist, or visionary leader and facilitator, you yearn for community, rest, renewal and a space where you can be nurtured and rejuvenated with renewed hope, vision and confidence among caring, like-hearted and minded women who are likely members of your "Soul Family."

This is Retreat For the body, mind, spirit and soul. You will enjoy the company of coaches, therapists and transformational facilitators, practitioners and visionaries. **Fall Into Autumn** was mindfully created and scheduled to provide you with a one-of-a-kind, all-new retreat opportunity in beautiful Lanesboro, MN on the Root River. This retreat is an intuitively channeled creation supporting a deepening and rooting into a supportive experience in gentle surrender into sacred space, recovery from exhaustion, forest bathing, tree hugging, hypnosis sound bathing, energetic reset, and ..... how does a rose petal and Reiki drum bath sound? This experiential journey will replenish your senses, tickle your humorous playful side, expand your intuition and creativity, provide new tools and practices supporting the 9 and 12 energy system, and much more.

## OUR PROMISE TO YOU

The **promise** of this retreat is that you will rest, explore, laugh, move, nourish your body, heart, mind and spirit, rest and return home feeling clear, transformed, inspired, uplifted and renewed in focus. You will feel integrated and aligned with and in "right relationship" with your entire Being and your life.

- You step away from familiar routines & responsibilities for three nights and immerse yourself in that liminal space of magic and transformation.
- You can stay focused on the necessary healing tasks without disengaging. You join a small community of people on a similar journey.
- You can relax in a beautiful and comfortable setting.
- You experience a nature-centered, whole being make-over.
- You are part of a safe and confidential community.
- You are nourished in body, spirit, mind and soul. You are well fed from the wonderful healthy food we serve.
- You receive deeper levels of renewal, inspiration, friendship, soul support, , coaching, new era wisdom teachings, amplified intuitive conversations in our collective "upper room," rest and connection.
- Your spirit is re-ignited.



# Fall into Autumn Retreat FAQ's

## Retreat Program Description, Schedule and All Details PDF:

<https://beinghumanlife.com/wp-content/uploads/2021/06/Fall-Into-Autumn-Retreat.pdf>

**Our Retreat Location** is a two hour drive from the Minneapolis airport (MSP); Cedar Valley Resort is located on the Root River @ 905 Bench Street, Lanesboro, MN 55949. **Minnesota** is in the Central Standard (CST) timezone.

**Cedar Valley Resort** is on the Root River and surrounded by 30 acres of woodland and natural goodness, fresh air, Fall beauty, walking and hiking trails, excellent restaurants and much more.

### Retreat Dates October 24-28, 2021

- **Sunday, October 24th:** Check-in arrival 3:00 - 4:00 pm  
The retreat starts with some free time to settle in, welcome, introductions, and some opening remarks to set a framework and expectations for the retreat. Dinner and evening program and yoga nidra. Early free time/bedtime.
- **Monday through Wednesday, October 25th-27th:** Program details are fully described in the PDF program.
- **Thursday morning October 28th:** We end the retreat with a beautiful closing gathering and brunch, concluding at 11:00 am.

**After the Retreat:** For the next 2-3 weeks following the retreat, we will initiate an email chat to help you continue to process your experiences. Then 6 weeks after the retreat we have a reunion gathering so that we can reconnect and share what has happened in your life since the retreat.



# GETTING THE MOST FROM YOUR RETREAT

1. **Prepare to be Present** - Be sure to place the retreat dates on your calendar, and start planning now. Work to free up your time, energy and heart-mind space so that you can come to the retreat focused and without distractions. We ask that you do not use your cell phone while you are at the retreat. If you have an emergency, we will provide you with a quiet place to make your call. We will provide you with a number that others can call you in case there is an emergency at home. Your emotional and spiritual health is important. Make it a priority.
2. **Be Open and Curious** - Be open and honest about your feelings. Human transformation and evolution is far from easy, even if we have been preparing ourselves for this time of great disruption, upheaval and chaos as we evolve from one paradigm (old era) into the next paradigm of the new human era. Allow an open and curious mind.
3. **Respect Yourself & Others** - Every person on this retreat will be on his or her own unique journey. We simply ask that you respect your and others' stories and journey. Do not compare yourself to others and do not jump ahead to the next issue or discussion. Each session will lay a foundation for the next.
4. **Stay Focused** - Keep your focus and attention on being mindful with with experience.
5. **Keep it Confidential** - Honor a commitment to Confidentiality for everyone present.
6. **Be Patient** - It's okay to not feel completely resolved by the end of each session. Part of the transformation process is to live with the rhythms of mystery in the unlearning, new learning and standing in the possibility and potential of a new vision. Every step you take will add up to a whole.
7. **Be at Peace** - allow yourself this time to surrender and be with all that arises and awaits you. Remember, the Universe always has your back, and so do we!

# WAIVER RELEASE AGREEMENT

## A BEING HUMAN~ENTELECHY RETREAT JOURNEY

***Please read, sign, scan and return via email to  
nina@beinghumanlife.com.***

Fall into Autumn is a Being Human immersive nature -centric retreat experience, including deeply restorative and transformative practices for coaches, therapists, practitioners, and leaders whose service assists human development, healing and personal empowerment, This uniquely experiential and interactive retreat is specifically designed to support the renewal, accelerated integration and transformation among professionals in the fields of coaching, facilitation, holistic practices, energetic, intuitive and spiritual guidance and related modalities, whole person rebalancing, healing and euro-transformation.

By signing this agreement form, I freely and voluntarily agree with the following statements, and hereby agree to bind myself to such statements in consideration for the opportunity to participate as an attendee of the upcoming Fall Into Autumn Retreat.

- The facilitators and participants are not giving medical advice, making diagnoses, or providing licensed therapy or professional counseling.
- I will not hold Fall Into Autumn facilitators, coaches, participants, Being Human Life, Center Within, or other persons or entities directly associated with Fall Into Autumn or Cedar Valley Resort responsible for my actions or the actions of others made in response to any teaching, advice, or any other goods and/or services I may obtain before, during or after this retreat experience.
- I fully release Fall Into Autumn facilitators and/or persons/entities directly associated with them from any and all liability whatsoever.
- I assume full personal responsibility for any financial obligation I undertake based on and/or in response to any teaching, advice, ministry or any other goods and/or services I may obtain.
- Information I provide to the retreat hosts or other participant will be held as strictly confidential. However, I also understand exceptions to such confidentiality include: any situation in which I communicate I am considering physically harming myself or another person, any situation in which I communicate another person is continuing to or has expressed intent to physically harm self or others directly associated with the retreat, environment or experience.

**Signature:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**Name (Print):**\_\_\_\_\_

**Scan and email signed form to:  
Nina@beinghumanlife.com**

**PHOTO RELEASE AND TESTIMONIAL  
AUTHORIZATION FORM  
(SIGN AND RETURN)**

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**PARTICIPANT AUTHORIZATION AGREEMENT**

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I, \_\_\_\_\_ (Participant Name), am of legal age and agree that photo images may be taken during group experiences and that they may be used in digital and print media.

By signing this form, I am agreeing to the release of photos that includes my image of me for commercial use. \_\_\_\_Initials

I also agree to provide a testimonial at the conclusion of the event that may be used in future promotional materials. \_\_\_\_Initials

Signed and Dated: \_\_\_\_\_ Date: \_\_\_\_\_

Print Your Name: \_\_\_\_\_

**Scan Signed Form and email to:**

**Nina@beinghumanlife.com**



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# RETREAT INTAKE FORM

Today's Date:\_\_\_\_\_

Name: \_\_\_\_\_

Nickname:\_\_\_\_\_

Address:\_\_\_\_\_City/State:\_\_\_\_\_ Zip: \_\_\_\_\_

Most Accessible Phone #'s: cell (\_\_\_\_\_)\_\_\_\_\_

May we leave a message on your voice mail?

Yes\_\_ No\_\_ Comment \_\_\_\_\_

E-mail address: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Present occupation \_\_\_\_\_

How Long:\_\_\_\_\_

Do you have any physical limitations or mobility limitations? \_\_\_\_\_

Favorite Colors (describe)\_\_\_\_\_

Favorite Foods (describe)\_\_\_\_\_

Favorite Element (earth, water, fire, air, aether)? What makes this true for you?\_\_\_\_\_

What do you appreciate about the Fall season?\_\_\_\_\_

What makes you laugh?\_\_\_\_\_

What is one burning question in your heart right now?\_\_\_\_\_

How did you find us?  A friend (name) \_\_\_\_\_

Website  Other Web/Google search  Other \_\_\_\_\_

Any Questions about the retreat? Note them here and Nina or Michele will contact you.

**Scan signed Form and Email to: [Nina@beinghumanlife.com](mailto:Nina@beinghumanlife.com)**



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