

Women's Wellness Retreat

Yoga, Hiking, Cooking, Meditation - Palm Springs, CA

October 23 -27, 2022

5 Days/4 Nights

Program Details:

Join an amazing team of two, Allison Sobel and Julie Fischer to refine and renew your 'self-care' routine through daily yoga, meditation, hiking, cooking and more! We reserved a luxurious boutique hotel to provide an environment filled with relaxation, privacy and seclusion. Enjoy quiet time around the fire pit, read a novel in the hammock, or kick back in a cabana beside a 40-foot commercial-size pool. Surrounded by walls and tall hedges, you'll be far from the crowds--but just a short stroll from downtown Palm Springs and local hiking.

Retreat offerings & inclusions:

- Daily yoga & meditation
- Private guided Joshua Tree Hiking Tour
- Themed sisterhood circles
- Daily nutritional breakfast & lunch 3 Private chef-catered dinners including one interactive evening cooking class
- 1 afternoon/evening for yourself to explore galleries, shopping and dinner in Palm Springs
- Snacks, tea, coffee and water available throughout the day
- Local hiking & nature walks
- Pool time, lazy time, and relaxation
- Adventure, movement, and sisterhood connection.
- Transportation from the Palm Springs airport

Additional:

- Airfare
- Massages and Reiki scheduled on-site
- Dinner at leisure in Palm Springs on 10/25
- Transportation from airports other than Palm Springs Airport
- Alcohol
- Travel insurance (recommended)

Rates and Accommodations:

Six completely new, bungalow style units with private baths offer polished concrete floors, lots of leather and reclaimed wood, and a fun, California boho style. Three units offer living and dining areas and kitchenettes with wine fridges. All have fast internet and extra-large 4K TVs.

All pricing is per person (non-refundable deposit and taxes included):

Option #1 - Double Shared Deluxe Room: One king-sized bed \$2,250 per person (Three Rooms Available)

Option #2 - Shared Deluxe Suite: One queen-sized bed & One day bed with full living & dining areas, kitchenettes & wine fridge \$1995 per person triple shared, \$2695 per person double. (Three Units Available)

Option #3 - Single Deluxe Room: \$3995

Arrival/Departure

Check-in: between 3pm-5pm 10/23/22

Check-out: no later than 11am on 12/27/22

Payments & cancellations:

\$650 non-refundable deposit required to secure your space along with this signed retreat waiver. Full payment due 60 days (8/23/2022) prior to the retreat.

Payment options:

Venmo Allison - @allison-sobel-1 or Personal Check.

Personal checks accepted. Email Allison re: payment info. and mailing address.

Health:

Upon registering for this Women's Wellness Retreat you ensure that you have no physical or medical conditions that would adversely affect your ability to stay at this retreat and to take part in the yoga program or other physical or cultural activities offered. Attending a retreat with Allison Sobel & Julie Fischer is at your own risk and as such we are not liable for any injuries incurred while on property.

Release and Waiver of Liability:

I, (print name _____, residing at (address) _____, hereby acknowledge and agree to the following:

I am participating in A Women's Wellness Retreat by Allison Sobel and Julie Fischer ("hosts"), during which I will receive information and instruction concerning matters including yoga, health and general wellness and will participate in a number of activities, including the physical practice of yoga.

I am fully aware that yoga requires physical exertion and I will be responsible for recognizing my own physical limitations, which include but are not limited to, not engaging in any action that feels uncomfortable or painful in any way. I will practice yoga at a pace and effort level that feels safe and appropriate for my own physical condition. I understand that in addition to the physical nature of yoga, it may be mentally and/or emotionally strenuous, resulting in certain unforeseen injuries.

I have previously engaged in some form of yoga practice and understand the nature of activities and the risks involved in my participation. All activities prepared or promoted by hosts will present varying degrees of risk that I take full responsibility to independently evaluate and assume. I will not participate in any activities I believe may cause me harm. I take full responsibility for all physical and mental injuries of any kind that I may suffer, including, without limitation, all muscle injuries, heart-related incidents, damage to physical or mental health, and death caused directly or indirectly by any information, instruction or activities conducted or promoted by hosts or any of their agents or representatives, whether or not resulting from the negligent actions or omissions of the foregoing parties. I fully agree to assume the risk of injury and further agree to release hosts from any and all liability resulting from the actions of third parties.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this Women's Wellness Retreat. I understand that it is the host's policy that all individuals participating in a fitness retreat should consult a physician before participating. I represent and warrant, understanding that the hosts will act in reliance of such, that I am in good physical condition, am physically fit, and I have no medical conditions that would impair my ability, or endanger me in any way whatsoever, from participating in the Women's Wellness Retreat and all other activities conducted by or promoted by the hosts, of which I will independently evaluate and assess on a continuing basis.

I will not under any circumstances ingest, consume, or take into my body or on my person drugs or other illegal substances during the Retreat. It is understood that at points during the Women's Wellness Retreat I may drink (an) alcoholic beverage(s) under my own discretion and will be fully responsible for my own actions. I take full responsibility for any loss, damage, or theft of any personal property brought to the Women's Wellness Retreat, and acknowledge that under no circumstances, including any negligence, will the hosts, or any of their agents or representatives be responsible or liable for my personal property.

I agree to abide by the best practices suggested by the hosts while on the Women's Wellness Retreat, and specifically assume the risks inherent in yoga, bodywork, aesthetician services, and ingesting foods that I may not have been previously exposed to. My allergies, medical conditions, other physical conditions, and the like, if any, have been disclosed to the hosts and I assume the risks inherent in exposing myself to a new

culture and destination.

I understand that the cost of the Women's Wellness Retreat is non-refundable.

I acknowledge that I have had sufficient time and opportunity to thoroughly review the entirety of this Release and Waiver of Liability, understand its contents, and agree to the attestations I have made herein. I agree that this agreement will be governed by and interpreted in accordance with the laws of the State of Pennsylvania, United States of America. I agree that the invalidity or unenforceability of any provision of this Release and Waiver of Liability, or any portion thereof, shall not affect the validity or enforceability of the remainder of this agreement.

In view of the entirety of this Release and Waiver of Liability, I hereby agree that I, my assignees, heirs, successors, agents, guardians, and legal representatives will not make a claim against Allison Sobel, Julie Fischer or their employees, agents, or representatives for any injuries, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Retreat.

I further hereby forever release Allison Sobel, Julie Fischer, and their employees, agents, and representatives from all actions, demands, claims, and liability or any kind whatsoever that I, my assignees, heirs, successors, agents, guardians, and legal representatives now have or may hereafter have for any injury, damages, or death, howsoever caused, that I may sustain in connection with my participation in the Women's Wellness Retreat.

The fulfillment of this agreement by either party is subjected to acts of God, war, government regulation, disaster, hurricane, flood, influential terrorist attacks, strikes, civil disorder, and curtailment of required transportation or other emergencies making it inadvisable, illegal or impossible to fulfill this agreement. It is provided that this agreement may be terminated for any one or more of such reasons by written notice from one party to the other, without liability.

By signing below, you declare that you have read and are in agreement of the policies of this trip.

Signed by: _____

Print name: _____

Date: _____

Room request: _____

Roommate's name(s): _____

Anything else we should know? Food restrictions, allergies, medications, etc? With proper notice vegan dishes can be prepared.