

## Frequently Asked Questions about Classes, Workshops, and Retreats

*Sarah is a true teacher in the highest regard. Her guidance comes from a centered, grounded place from the heart and has been what I have needed to hear for my personal and spiritual growth, both in an individual and group setting. Her guidance is practical and applicable to my daily life. I am most thankful for having the blessed opportunity to learn from her! — R.E.*

### 1. How do I register?

In the Classes and Retreats section of this website, find a class, workshop, or retreat you would like to attend. Then register and pay on the website. The REGISTER button is on the class page. Click it, and it will take you to registration and payment.

### 2. How do I pay?

You may pay for the class, workshop, or retreat through PayPal with a credit card or PayPal account, or you can mail a check to SpiritHeal Institute, 9953 Woodruff Lane, Newbury, Ohio 44065.

### 3. What is the cancellation policy?

You may cancel up to three days before the workshop and receive a full refund minus a \$50 registration fee.

### 4. Why is there a cancellation policy?

The workshop or class begins the minute you register. The energies ignite a transformation process that starts deep in the soul at the moment of registration. Your frequency resonates with the class frequency and the class teachings begin the download process at that point.

### 5. What is the class, workshop, or retreat format?

The workshop, class, or retreat is a Zoom teleconference format (via phone or computer), which allows you to make yourself comfortable at home, making sure you will not be interrupted during the class. Please use earbuds or a headphone with speaking capability. Hand holding a landline phone or a cell phone creates noise, and so does using a speakerphone on either device. Sit in a comfy chair where your feet touch the ground, and you'll be comfortable for the full class.

## **6. Know how to mute your device.**

Each participant may be required to mute their sound during meditation, when you need to move, attend to something in your surroundings, or take a break.

## **7. You enter the meeting muted.**

You enter the meeting with your microphone muted. Once the group has gathered, you will be invited to unmute.

## **8. Do I need the Zoom app to join a meeting?**

A Zoom account is not required if you are strictly joining Zoom Meetings as a participant. You can join my Zoom classes and retreats as a participant without creating an account.

## **How does Zoom meeting work?**

A Zoom Meeting refers to a video or teleconferencing meeting that's hosted using Zoom. Zoom is a conferencing service you can use to virtually meet with others - either by video or audio-only or both, all while conducting live chats. At the moment, all classes and retreats are exclusively held as audio-only. You will receive a phone number or link, ID, and password that allows you to participate in the session actively. I will record our sessions for you to download or stream on our site to listen to later.

## **6. How does a virtual retreat compare with having a retreat at a sacred site such as Sedona or Mount Shasta?**

Over the years, I have held dozens of retreats at sacred sites around the world – Peru, Thailand, Costa Rica, Mexico, and incredible power places in the United States. It is wonderful to be in nature and have the silence and stillness surround you every day. However, I have always taught that each person is a sacred site, meaning we carry the divine energies within. In the end, we can have an experience in our home that is as rich and rewarding as five days at a holy site. I am very experienced holding teleclasses and virtual retreats, and I can tell you (and so can my students) that they are just as powerful as any other format.

## **7. What is the experience of taking a class, workshop, or retreat like?**

Every session is an immersion experience. The meditations guide you into the depths of your being so you have a direct knowing and feeling of the light, energies, and wisdom. Participants are encouraged to respect the silence

required to enter into the holy sanctuary of being. The more profound times alternate with class conversations where sharing questions and comments are encouraged. Learning to share without judgment, interruption, and over managing another's experience runs throughout every training.

#### **8. What is the difference between your classes, workshops, and retreats?**

Classes are held via Zoom call-in once a week, generally on a Monday for 6 consecutive weeks. They are an hour and fifteen minutes long and very, very powerful! This year I have scheduled six 6-week classes, all under the title: ["Awakening Together Ascension Series"](#).

[The Enlightened Empath Training](#) is a workshop/retreat format. Full-day sessions are coupled with shorter sessions to support continuity and focus.

[In Holy Territory: Dancing with the Divine](#) is a virtual Zoom retreat. It is a 3-day intensive that takes you through a deep spiritual transformation process. Guided meditations, healing, and energetic exercises take participants on a journey towards soul emergence and embodied spirituality. Built into the format are lunch breaks, personal contemplation periods, and group discussion.

When in-person gatherings are permitted, sacred site retreats will resume.