

FAQ's 2021 The Power of the Sacred Circle Retreat

Frequently Asked Questions

1. When and Where

October 23 - 27, 2021 at **Bear Mountain Lodge, Silver City, New Mexico**

Arrive at least one day before the retreat to settle in and adjust to the altitude of 6000 feet. It is wonderful to give yourself a full day after the retreat to integrate and relax after the retreat. The area is gorgeous and there are hiking trails on the property.

2. Lodging and Meals

Bear Mountain Lodge is a beautiful adobe lodge set on hundreds of acres next to protected land in the Gila Wilderness. You will make your reservations directly with **Bear Mountain Lodge**. The fees for the lodging and meals will be approximately \$225 per day per person for a single room and \$145 a night per person for a double. This includes 3 meals, snacks, non-alcoholic drinks, tax, and all tips. You will make your reservation directly with the lodge and they will charge your credit card with a deposit reflecting 50% of the amount of your stay.

Bear Mountain Lodge is very personal and only accommodates 12-14 people at a time and everything is high quality and personalized. It is located on approximately 180 acres of beautiful land with hiking trails and is unbelievably serene and silent. There are 12 rooms. two are doubles. The rooms are decorated in southwest style and the bathrooms are finely appointed and large.

The lodging price includes three full gourmet meals a day. The owners cook the meals and can accommodate Vegan, Paleo, Gluten and Dairy Free, Organic food plans. Explain to the owners your allergies and preferences when you make your reservations. Once they plan a menu based on your meal plan you will not be able to deviate from it. The chef takes great care in planning ahead for each meal for the

week. There is access to the refrigerator, but no other cooking facilities are available to guests. Free WIFI is available.

3. Bear Mountain Lodge Cancellation Policy

Bear Mountain Lodge is a boutique lodge with a small number of rooms. Any cancellation made before 30 days prior to arrival will not be charged a cancellation fee. Cancellations 30 days or less will be charged a 50% cancellation fee.

4. SpiritHeal Retreat Fee and Cancellation Policy

The retreat fee is \$1200 is due by August 15, 2021.

When you pay by check the fee is \$1000 (includes \$100 discount). Mail check so it arrives by August 15, 2021 to: SpiritHeal Institute, 9953 Woodruff Lane, Newbury, Ohio 44065.

Cancellation Policy: Cancellations after September 15, 2021, will incur a 50% cancellation fee. Cancellations after September 15, 2021 will not receive a refund. The cancellation policy is set to reflect the small number of attendees on this retreat. The retreat fee is paid to SpiritHeal Institute and the lodging fee is paid directly to Bear Mountain Lodge. Due to today's unusual circumstances, if the retreat is canceled due to unsafe travel conditions you will receive credit for another retreat or you may apply your payment to spiritheal classes or to individual sessions with Sarah Weiss.

5. Gila Wilderness

Silver City is in the spirit-filled wondrous area known as the Gila Wilderness. The area is quiet, low traffic and has beautiful hiking paths, streams, mountains, wildlife, and alpine trees.

6. Silver City Shopping and Restaurants

Silver City is small, with less than 10,000 residents. There is a small downtown with a few nice restaurants and galleries. There is one grocery store, a food coop, and a few little healthy food specialty stores and one specialty coffee shop. Starbucks has

not found Silver City. The main stores to get anything you forget are [Walmart](#), [Walgreens](#), or [CVS](#). Otherwise, the nearest shopping is two hours away. Hiking supplies are not available, or very limited, in town. There is a laundromat in town but not on the hotel premises.

7. What to Wear

Layers are important, the temps can range from 45 – 75 degrees in October. Bring a backpack to carry your essentials and have it ready to go fresh each day. Energy bars, water, insect repellent, sunscreen, camera/phone, and clothing layers should be refreshed each day. Most of the retreat will be held in the lodge but we will drive to sacred sites that will require short hikes and changes in elevation.

8. Airports and Travel

Silver City is a drive from any airport. You will need to rent a car. I will set up a retreat page where you can share flight information and organize sharing a rental car with your fellow attendees. The drives are easy and beautiful.

El Paso, Texas Airport is about 2 ½ hour drive

Tucson, Arizona Airport is about a 3 1/2 hour drive

Santa Fe, NM Airport is about 5-hour drive

Albuquerque, NM Airport is about 3 1/2 – 4-hour drive