**Mindfulness, Magic and Re-Wilding Retreat  
Sedona, AZ**

**May 14-21, 2016**

**FAQs**

**How do I get there?**

**The closest airport is in Phoenix.  From there, you can ride the shuttle up to Sedona for $49.** [**http://www.arizonashuttle.com/schedules/sedona-phoenix-sky-harbor/**](http://www.arizonashuttle.com/schedules/sedona-phoenix-sky-harbor/)

## You can get off the shuttle at the Cottonwood stop (959 S. Camino Real, Cottonwood, AZ 86326). From there, it is 9 miles/15 minutes to the retreat center, which is at 1280 East Willow Point Road, Cornville, AZ 86325.

## There are a couple of taxi companies in Cottonwood. If you want to price shop you can, but All Hours Taxi will bring you to the retreat center for $25. They can be reached at (928) 254-8767.

**Once you arrive at the retreat center, your transportation to all retreat related activities will be provided. You will get yourself back to the shuttle (or wherever you’re going) on the last day.**

**What should I bring?**

**Layers of clothing as the days can be hot and the nights a bit cool in May. Comfortable clothing that you can move in.**

**A sun hat.**

**A bathing suit if you might want to swim in the creek.**

**Sunscreen**.

**Hiking boots or good, comfortable walking shoes.**

**You might want to bring: a small backpack, flashlight or headlamp**

**What should I know when I arrange my travel?  
Check in will start at 3:00 on May 14th and the retreat will end by noon on May 21st.**

**What about cell phone reception/wifi?   
Although we hope to be unplugged as much as possible, the retreat center does have wifi. Cell phone reception is notoriously spotty in Sedona but you will have it for at least part of each day as we tour around.**

**How can I pay?**

**We accept--and appreciate-- payment by check. Paypal is also an option.**

**Do you have a payment plan?  
We appreciate payment in full but will accept a 50% deposit to hold your spot and the remainder by March 14th**

**What is your cancellation policy?**

**Since the retreat is less than 4 months away, no refunds will be offered, unless you (or we) can find someone to fill your spot.**

**What will the food be like?   
As with many retreats, the food at the retreat center will be vegetarian (with vegan options always available), organic when possible and designed to nourish us. The kitchen will be well stocked with healthy breakfast food and breakfast will be self-serve so everyone can start they day at his/her own pace. You can easily choose what works for you. Dinners will be at a restaurant.**

**What if I have special dietary concerns?   
Although we can not guarantee to meet all specific dietary concerns, please let us know if you have any issues.**

**What’s Included in the price?**

**Lodging, yoga, meditation and group coaching, all meals (starting with dinner on May 14th and ending with breakfast on the 21st), entrance fees to parks, all transportation to retreat related activities during the retreat, photo session with Bon Miller.**

**What is not included?**

**Alcohol, transportation to and from Sedona, transportation to any activities that are not retreat related.**

**How do I know if this is a good fit for me?   
Email Erin and set up a call! She will be more than happy to speak with you as we want this to be a good fit for everyone. Erin@erinsharaf.com**

**What if I’ve never been on a retreat before?   
No retreat experience is needed. This will be a very relaxed atmosphere with everything being an invitation.**

**Is this a good value?   
We sure think so! And the prices will likely go up the next time we offer it. A session with Bon Miller starts at $800.** **When you include lodging for 7 nights, all meals, transportation and daily retreat activities, we think you’d be hard pressed to arrange it on your own any more cheaply. And we guarantee it wouldn’t be as much fun ☺**