



RootSource
Health and Wellness

Retreats

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Q&A

1. **Where is the Retreat held?** We are located in the Piedmont of NC - in Siler City. The address will be given upon purchase of retreat. It is set on Tracy's rural farm and personal residence.
2. **How many participants can attend each retreat?** We serve up to 8 participants per retreat. Both Katya and Tracy attend each retreat (unless noted). We want to keep the numbers small so we can work with everyone one-on-one and get feedback from everyone during the group share.
3. **What is the setting like?** The retreat is held on a lush rural farm with scenic views and intense gaia energy. We have goats and free roaming chickens that may grace your presence. The tent is set in a field. Be prepared to walk in a field with uneven ground and rocks. We will do half of our work in the 20 person tent and the other half will be held outside (weather permitting). We will have a second tent for eating lunch, taking breaks, and taking phone calls. We also have a port-a-potty available.
4. **Is food and beverage provided?** Yes! We will provide one light vegetarian meal and unlimited water, herbal tea, and coffee. If you have any food allergies, please let us know at the time you sign up. You can also email us at rootsourcehealth@gmail.com
5. **What about the weather?** Retreats will be held rain or shine. If there is a downpour, we will do all the work within the waterproof tent. Of course, if there is extreme weather like a hurricane, tornado, or other extreme weather, we will contact everyone and postpone the retreat for a later date.
6. **What should I wear?** Wear comfortable clothes and shoes. Some like to wear socks inside the tent for comfort.

7. **What is available inside the tent?** We provide each person a large cushion which sits low to the floor. We also have resource books for you to review during attendance.

8. **What should I expect on the day of the Retreat?** Please arrive on time. Upon arrival, check in at the front office. We will show you where to park. There you can have a beverage, get any handouts or info available for the day, and get acquainted with the tent and surroundings. We will start with a group intro, intro to the content of the day.

9. **What if I cannot attend the Retreat after I purchased it?** We understand that unexpected events happen. We will not refund purchases but we will allow you to choose another retreat date where there are openings available.

10. **Can I purchase a Retreat as a gift?** Yes! Please. What a wonderful gesture. Just include the person's name and contact info upon purchase.