

Welcome to Our Wellness Retreat

Thank you for registering for our retreat Monday March 30 - April 4, 2020. Following are pertinent details for your week of cleansing: You can prepare for the raw food and juice cleanse week by eating lighter the week before and juicing each day.

**Check-in** is between 1 and 5 pm Monday. Dinner begins at 5:30 pm in the dining room. You have free time until dinner. The retreat ends Saturday with lunch at 11:15 am.

**Address of Spirit in the Desert Retreat Center** 7415 E Elbow Bend Rd, Carefree, AZ 85377 (480) 488-5218

**Airport: Phoenix Sky Harbor.** Most people have found the best price for transportation to the retreat center was Uber or Lyft. A few people took the shuttle.

**What to bring:** You will need to bring shampoo and conditioner and a hair dryer, as this is not provided. You may want to bring a little alarm clock. You will need a check book or cash for books, supplements, massage, and any other services you choose. If you have room, you may want to bring a towel or mat for floor exercise. You may also want to bring a pen and highlighter for notes. We will provide a notebook and handouts. We will provide plastic water bottles. If you want a different bottle, we suggest you bring your own.

**Payment:** If you want to pay for your total retreat fee with credit card, we will need to run your card for the balance before the retreat. We will charge \$600 deposit upon registration. If you want to pay the balance with cash or check, let us know. If we don't hear from you 30 days before the retreat, we will charge the balance to your card.

**What to wear:** You will only need casual clothes. Bring walking shoes as there are beautiful places to walk around the retreat center. The mornings and evenings can be cool so bring a light jacket.

**Food allergies:** We will be serving raw vegan foods and vegetable juices. The only fruit will be lemon, lime, and a little green apple or pear. We will not serve any wheat, corn, soy, or dairy. A couple of the raw food recipes will have tree nuts.

**Cherie and Fr. John Contact #s:** If you have an emergency, you can text our cell #s:  
(Cherie) 206-225-3264 or  
(Fr. John) 206-225-3265.

We look forward to seeing you. Safe travels.

Cherie