

Welcome

Thank you for registering for our retreat in October. 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 3 and 5 pm Monday. Juice cocktail is at 5:15 pm. Dinner begins at 5:30 pm in the dining room. You have free time until dinner. The retreat ends Friday 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 take the shuttle.

What to bring: You will need to bring shampoo and conditioner and a hair dryer, as this is not provided. I do take credit cards, but You will need a check book or cash for services such as massage and 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 also 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 have to cancel within 30 days of the retreat, your deposit is not refundable. You can transfer it to another retreat. If you must cancel within 7 days of the retreat, the balance on the retreat is not refundable as the food will be purchased. If we can fill your spot, we can refund a portion of the balance.

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 and layers. There is a pool and jacuzzi so bring your suit.

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