

Loon Lake 2022 Retreat

Info and Registration Form

“A weekend wilderness retreat for recovering co-dependents”

Important Info:

Retreat Dates:
April 8, 9, 10, 2022

Registration/Payment deadline:
Monday March 28, 2022

Retreat Address:
14500 Silver Valley Rd, Maple Ridge

Retreat Check-in Date:
Friday April 8, 2022 at 5:00PM

Please remember:
This is a substance-free event

Covid Protocol:

Wearing a mask indoors at the retreat is optional and currently, vaccinations or vaccination passports are not required. For more information regarding Loon Lake's COVID-19 protocol, please visit www.loonlake.ubc.ca/covid19-protocols

Registration Form Instructions:

Feel free to either print this form, fill out by hand and bring to the **Saturday North Shore 10AM meeting** before the deadline OR fill it out digitally and email to NorthShoreCoda@gmail.com.

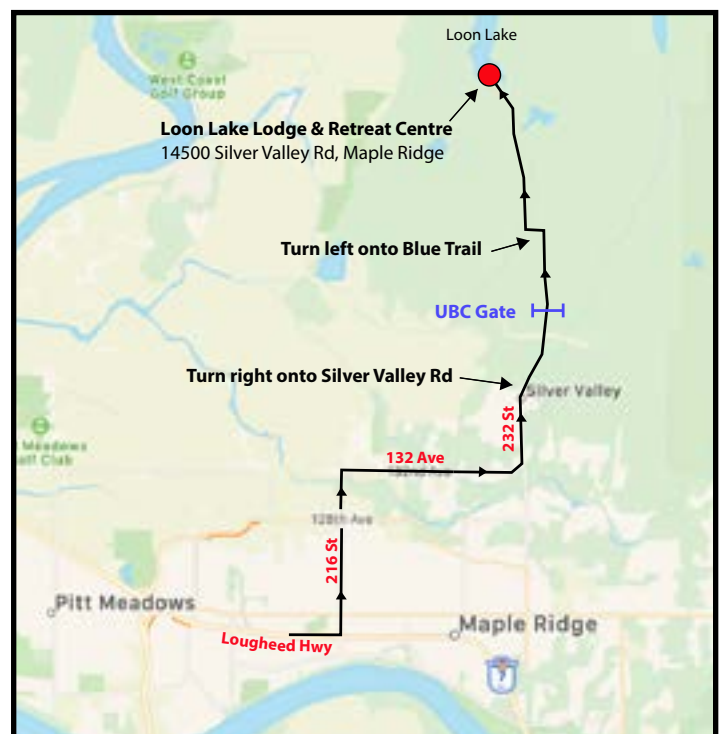
Digital Instructions:

- › Read and fill out all information in this form.
- › Save a copy to your computer or phone and please use the following title “YOURNAMELoonLakeRegistration” as the title. For example: “JonSmithLoonLakeRegistration”.
- › Email to NorthShoreCoda@gmail.com.

Please Bring:

- › Bedding necessities (sleeping bag or bedding, and pillow)
- › Footwear (Hiking boots, runners, slippers etc)
- › Toiletries (shampoo, soap, toothbrush, toothpaste etc)
- › Flashlight/headlamp
- › Clothing appropriate for weather
- › Towel(s)
- › Bathing suit (if applicable)
- › Favourite stuffed animal or comfort item
- › Snack for sharing
- › Musical instruments (guitar, banjo etc)

Map to Loon Lake Retreat



Registration:

Name: _____

Mailing Address: _____

City: _____ Province/State: _____

Postal Code: _____ Phone Number: _____

E-mail Address: _____

(We use your address, phone and email to send you confirmation. Please note: We prefer to use E-mail)

Special diet requirements: _____

Payment:

Choose one:

Full weekend attendance in a DOUBLE occupancy room

Includes: Accommodation: Friday and Saturday

Meals: Friday - dinner; Saturday - all 3 meals; Sunday - breakfast

Workshops and events

\$234 + 5% tax = \$245.70 CAD

Full weekend attendance in a SINGLE occupancy room

Includes: Accommodation: Friday and Saturday

Meals: Friday - dinner; Saturday - all 3 meals; Sunday - breakfast

Workshops and events

\$274 + 5% tax = \$287.70 CAD

Saturday full day attendance

Includes: Daily rate: \$22

Breakfast: \$12

Lunch: \$14.50

Dinner: \$17.00

Workshops and events

\$22 + \$12 + \$14.50 + \$17.00 + 5% tax = \$68.77 CAD for Saturday 8AM - 9PM

Total amount I am paying: _____

Method of Payment:

Choose One:

E-transfer - Send total amount to **NorthShoreCoda@gmail.com**. If you are required to enter a question and answer, use: "What are we working towards?" answer: FREEDOM. Please indicate in the notes section that this payment is for the **Loon Lake Retreat**.

Cheque - Drop off cheque at the **Saturday March 19 North Shore 10AM meeting**

Participation:

Facilitate a workshop

Play a guitar or other instrument

Lead in singing

Put on a skit

Facilitate meditation session

Clean-up - general volunteer

Assist at the retreat

Other (please specify): _____

Please note: Everyone is encouraged to help with returning equipment to storage and cleaning rooms and bathrooms before leaving on Sunday.