



R E T R E A T

Your best life awaits:
create your imagined future self.

Retreat Agreement

Get ready to make Friday May 5th- Monday May 8th, 2023, the weekend of a lifetime! Here are the details to reserve your spot.

The investment for this incredible long weekend is \$6000.00 per person based on double room occupancy (and \$6500.00 per person if you need a single room).

The cost is truly all-inclusive, with luxury accommodations for 3 nights, gourmet meals curated for our group, organic wines, all activities, a spa service, and of course the retreat program itself hosted by a fantastic lineup of women. (Dominique Sachse, Dr. Nashat Latib, Elaine Turner, Meg Ellis, Kelley Workman, Elizabeth Irvine, and me!) One-on-one sessions with some of our hosts will be available on a limited first-come-first-served basis for an additional charge. (Signup for one-on-one sessions, activities and spa services will open April 3rd).

The remaining balance will be due on or before April 3, 2023, to prevent your spot being given to someone on the waitlist. If you need to cancel after April 3, 2023, your investment (less the deposit) will be refundable if we can fill your spot from the waitlist, but otherwise will be non-refundable.

An optional luxurious bus will take retreat guests (and some hosts) to and from Miraval Austin from Houston for an additional charge. After three hours on the bus, we will already be best friends! (Approximately \$200 per person based on number of travelers, lunch included). Transport to and from the Austin airport is included at no additional charge.

Plan to arrive at Miraval Austin on Friday, May 5th between 2 and 4 PM. After settling in and enjoying the amazing property, we will have our first fabulous meal together and then share a joyful evening program under the full moon outside by the pool (weather permitting). Saturday and Sunday's programs will include optional offerings of yoga, meditation, a host of exciting activities as well informal and inspiring talks from each of our amazing hosts in intimate break-out sessions. There'll be plenty of time left for relaxing, working out or going to the spa. Fabulously delicious and healthy meals will be offered, as well as organic low sugar and low sulfite wines. An exciting evening program on both Saturday and Sunday night will bring us even closer together and explore all that midlife has to offer! On Monday morning, we will continue our program until leaving the resort around noon and returning to Houston before 4 PM or to the airport before 1 PM.

Miraval is a device-free property except in designated areas. Experience a whole new kind of peace when you disconnect from devices for this magical time. Don't worry, we will take plenty of photos, and your friends and family will be able to reach you at the resort in case of emergency.

Now for details on how to reserve your spot... Please initial each item below and sign at the bottom!

___ I want to secure a shared room for 3 nights for \$6000.00 per person and agree to be matched with a new friend.

___ I want to bring a friend and secure a shared room for 3 nights *for 2 people* for \$12,000.00.

___ I need to have my own room and want to secure a single room for 3 nights for \$6500.00.

___ I agree that the cost to reserve my spot is \$1000.00 per person and that this amount is non-refundable should I choose to cancel.

___ I agree that payment is due in full on or before April 3, 2023, and that my spot will be released to the waitlist if full payment has not been collected by that date.

___ I understand that if I cancel after full payment has been received, I will receive a refund of the total paid (less the non-refundable deposit) ONLY if my spot can be filled from the waitlist. If my spot can't be filled, I understand that my payment is non-refundable.

___ I understand that unforeseeable events may make one or more speakers unavailable, and that weather or other uncontrollable events may alter the scope of the planned program.

___ I understand that Miraval has a "device free" policy in public areas, and I will limit phone or device use to one hour a day in designated areas.

I am interested in taking the luxury bus to and from Houston (circle one) YES NO

I am interested in purchasing travel insurance to protect my investment (circle one) YES NO

I am interested in transport to and from the Austin airport (circle one) YES NO

Name _____ Email _____

Cell _____

Signature _____ Date _____

To secure your spot please return this form to shanna@drsusan.com and we'll contact you to collect your initial deposit.

Let the fun begin!!