

Forest Bathing Retreat: Exploring the Power of Nature for Greater Authenticity, Clarity, and Resilience

9:00 am to noon at Bowman's Hill Wildflower Preserve and 1:30 to 4:00 pm at Cloud Cover Cottage, New Hope, PA

Saturday, November 14, 2020 Valerie Brown, JD, MA, PCC 215-933-9978 www.leadsmartcoaching.com

Confidential Registration Form & Resources

Thank you for choosing this retreat. I look forward to sharing this experience with you.

There are two easy steps to register for this retreat: (1) complete the online registration form, and (2) make payment via Pay Pal. It's that simple!

Name

Preferred Pronouns:

Race/Ethnicity:

Address _____

Email

Phone

What led you to decide to register for Forest Bathing Retreat?

What expectations do you have? What would be most meaningful?

What else might be important for me to know about you as we plan for Forest Bathing Retreat?

How did you learn about Forest Bathing Retreat?

Have you participated in a Courage & Renewal® retreat before? If so, where and when?

What is your preferred mode of learning? Select all that apply.

- Visual
- Auditory
- Kinesthetic

Please note any **health considerations** that I should be aware and/or any **special dietary or physical needs**, or anything else that you would like to share about yourself:

Consents

By signing this form, you are consenting to the following:

“I consent to have my email address added to the list of participants in this retreat.”

“I will allow photo images of myself to be used in various advertisement media, for promotion of these retreats. My consent implies agreement that these images may be used in future commercial promotions, without remuneration to me.”

Emergency Contact Information

Name

Number

Retreat Date/Time/Location

Tentative Retreat Schedule

9:00 am-noon	Check in/Orientation & Overview/Forest Bathing Practice
12:00-1:30 pm	Brown Bag Lunch (Lunch not included)
1:30-4:00 pm	Reflection & Integration at Cloud Cover Cottage (Afternoon refreshments served)

Forest bathing will be offered rain or shine.

Cost & Registration:

\$189.00 per person includes:

- Retreat design and facilitation, using the Courage & Renewal Approach
- Forest Bathing instructions and guidance
- All materials, including resources and reading list
- Afternoon refreshments at Cloud Cover Cottage
- Entrance fee into Bowman's Hill Wildflower Preserve

Minimum number of participants: 5. Maximum number of participants: 20.

How to register: www.leadsmartcoaching.com/events

Suggested Reading List

On Forest Bathing:

- *Forest Bathing: How Trees Can Help You Find Health and Happiness* by Dr. Qing Li (2018)
- *The Nature Fix* by Florence Williams (2017)
- *The Wild Remedy: How Nature Mends Us* by Emma Mitchell (2019)
- *The Secret Therapy of Trees* by Marco Mencagli and Marco Nieri (2019)
- *The Biophilia Effect: A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature* by Clemes G. Arvay (2018)

On Developing Greater Authenticity, Clarity, and Resilience:

- *On the Brink of Everything: Grace, Gravity & Getting Old* by Parker J. Palmer
- *A Hidden Wholeness* by Parker J. Palmer
- *The Active Life: The Spirituality of Work, Creativity and Caring* and *Let Your Life Speak* by Parker J. Palmer
- *The Road that Teaches: Lessons in Transformation through Travel* by Valerie Brown (QuakerBridge Media, 2012)
- *The Mindful School Leader: Practices to Transform Your Leadership and You* by Valerie Brown and Kirsten Olson (Corwin Press 2015)
- *Coming to the Light, Living from the Center, Heartfulness: Renewing Heart, Mind and Spirit on Retreat and Beyond*, and *The Mindful Quaker* - these Pendle Hill pamphlets by Valerie Brown are available at <https://pendlehill.org/product-category/pamphlets/>

Useful Websites

- www.bhwp.org
- www.couragerenewal.org
- www.leadsmartcoaching.com (Valerie's website)

Useful Websites and Email Addresses:

- www.bhwp.org
- www.couragerenewal.org
- www.leadsmartcoaching.com

Cancellation Policy

All cancellations must be made in writing. No refunds will be issued due to late arrival, early departure, or any unused portion of the retreat. The Assumption of Risk / Liability Waiver form must be signed and completed upon registration. Cancellations received 90 days prior to retreat start date, no refund is permitted. Cancellations prior to this will receive a refund of 50% of the cost of the retreat. Lead Smart Coaching, LLC reserves the right to change, modify, or cancel the retreat prior to the start for any reason, including lack of participants or acts of nature and/or circumstances beyond our control. In this case, any payments received will be refunded in full, and this will constitute full settlement. Lead Smart Coaching, LLC is not responsible for any additional expenses due to a cancelled retreat, such as the purchase of non-refundable airline tickets. Lead Smart Coaching, LLC reserves the right to accept, refuse, or decline any participation at any time for any reason of any person. In such a case, Lead Smart Coaching, LLC liability is limited to the actual cost of the unused services.

Disclaimer of Liability & Assumption of Risk

Liability Disclaimer. Lead Smart Coaching, LLC/Valerie Brown hereby expressly disclaims any liability for any personal injury, property damage, accident, delay or irregularity, and any claim for special or consequential damages, or any other loss which may be occasioned by the acts and/or omissions, whether negligent, intentional, wrongful or otherwise, of any entity or individual not under the direct supervision and control of Lead Smart Coaching, LLC/Valerie Brown.

BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, I ACKNOWLEDGE THAT I HAVE READ THIS AND FULLY UNDERSTAND ITS TERMS, INCLUDING BEING ADVISED I SHOULD OBTAIN INDEPENDENT LEGAL ADVICE, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME. I INTEND MY SIGNATURE TO BE THE ACCEPTANCE OF THIS OFFER.

Your Signature

Date

Questions or further information, please contact: Valerie Brown at valeriebrown95@gmail.com