

Heal Your Life® Retreat — Registration & Sponsorship Form (Fillable)

April 17–20, 2026 | Cedar Meadows Resort & Spa, Timmins, ON | Fee: \$4,000.00 per participant (full weekend)

1) Participant Information

Full Legal Name:

Preferred Name (optional):

Date of Birth (optional):

Mailing Address:

Phone:

Email:

2) Emergency Contact

Emergency Contact Name:

Phone:

3) Sponsorship / Payment

Select one:

Self-pay

First Nation sponsorship

Employer sponsorship

Other

Sponsor Organization (if applicable):

Sponsor Contact Name/Title:

Phone/Email:

Coverage Requested (check all that apply):

Registration (\$4,000)

Travel

Accommodations

Meals/Per diem

Other

Other coverage details (optional):

4) Dietary & Accessibility

Dietary needs / allergies:

Accessibility needs / supports:

5) Consent & Preferences

Consent to be photographed during Graduation (Day 3) Yes

No

Group sharing preference (optional): Prefer minimal sharing

Comfortable sharing

Notes for facilitator (optional):

Heal Your Life® Retreat — Program Schedule & Signatures

Facilitators: Tanya Matthews & Jeremiah Otis | Licensed through Heart Inspired Presentations LLC

Program Schedule

Day 1 — April 17 (Opening Circle, Evening) | 6:00–8:00 PM

- Welcome + Land Acknowledgement (optional)
- Introductions (guided)
- Workshop Overview
- Circle Care Guidelines (group agreements)
- Safety & Support Plan
- Personal Intentions (short exercise)
- Grounding Practice (5–7 minutes)
- Values for the Weekend
- Logistics + Housekeeping
- Closing

Day 2 — April 18

- Breakfast 8:00 AM | Session 9:00 AM (sharp) | Snack Break 10:00 AM (15 min) | Session continues
- Lunch 12:00 PM | Session 1:00 PM | Snack Break 2:00 PM (15 min) | Session continues | Closing 4:00 PM

Day 3 — April 19 (Closing Circle, Graduation & Entertainment)

- Breakfast 8:00 AM | Session 9:00 AM (sharp) | Snack Break 10:00 AM | Lunch 12:00 PM
- Session 1:00 PM | Snack Break 2:00 PM | Session continues | Closing Circle 3:30 PM
- Photographs/Graduation 4:30 PM | Dinner 5:30 PM | Entertainment 6:00–8:00 PM

Day 4 — April 20 (Check-out)

- Check-out day (departure as per resort check-out time)

Participant Declaration

I understand this is a personal growth and wellness retreat. I agree to participate respectfully, honour confidentiality, and follow circle care guidelines. I understand the fee is \$4,000.00 per participant for the full retreat (unless sponsored/covered by an approved sponsor).

Participant Signature: Date:

Sponsor Approval (optional)

Approved amount (\$) Payment method / notes:

Sponsor Authorized Name/Title Signature:

Sponsor Email/Phone: Date: