ENCOMPASS RETREATS · MONTEZUMA, COSTA RICA

Being Authentically Grounded

Participant Registration, Intake and Intention Form

May 27 to June 2 · Aves Hotel & Resort · encompassretreats.com

Welcome. This form helps our facilitation team understand what is bringing you to the retreat, what you hope to explore, and how we can support your participation. Please share only what feels relevant and appropriate. There are no right or wrong answers.

SECTION ONE

Your Room

Rooms are limited and reserved in the order registrations arrive. All prices are per participant and fully inclusive of lodging, daily breakfast and dinner, airport transportation, and all retreat experiences.

- ☐ Serenity Room, Single Occupancy: $6,000
- ☐ Serenity Room, Double Occupancy: $4,500
- ☐ Bali Room, Single Occupancy: $5,500
- ☐ Bali Room, Double Occupancy: $4,000
- ☐ I am not sure yet, and I would like to talk it through

SHARING A ROOM? ROOMMATE OR PARTNER'S NAME

SECTION TWO

About You

FULL NAME

PREFERRED NAME

AGE

PRONOUNS (OPTIONAL)

PHONE

EMAIL

CITY / STATE / COUNTRY

EMERGENCY CONTACT

RELATIONSHIP / PHONE

PREFERRED CONTACT METHOD

- ☐ Email
- ☐ Phone

SECTION THREE

Your Story & Intentions

Think of intention as a direction for exploration rather than an outcome you must achieve.

Tell us a little about yourself. Where are you in your life right now, and what experiences or transitions feel important for us to understand?

What is bringing you to Encompass Retreats at this particular time in your life?

What is your primary intention for this retreat?

During this retreat, I would like to give myself permission to...

SECTION FOUR

Goals for Your Retreat

What would you most like to explore? Check all that apply.

- ☐ Authenticity & connection with self
- ☐ Self trust & self compassion
- ☐ Grief, loss or life transition
- ☐ Leadership & personal integrity
- ☐ Spiritual exploration
- ☐ Creativity & self expression
- ☐ Resilience
- ☐ Playfulness & joy
- ☐ Integration of prior growth experiences
- ☐ Personal values & life direction
- ☐ Emotional healing
- ☐ Relationship patterns & boundaries
- ☐ Somatic awareness & embodiment
- ☐ Connection with nature
- ☐ Rest & restoration
- ☐ Community & belonging
- ☐ Releasing old patterns or beliefs

OTHER

What would make this retreat personally meaningful for you?

SECTION FIVE

Community, Safety & Support

What helps you feel safe, respected, grounded, and comfortable within a group?

When you experience stress or emotional overwhelm, what typically helps you feel grounded or supported?

Is there anything you would like our facilitators to know about how to best support you?

Are there personal, cultural, spiritual, or other boundaries or considerations you would like us to be aware of?

WHICH PRACTICES CURRENTLY SUPPORT YOUR WELLBEING?

- ☐ Nature / outdoor activities
- ☐ Movement / exercise / yoga
- ☐ Journaling / writing
- ☐ Somatic / body based practices
- ☐ Meditation / mindfulness
- ☐ Breathwork
- ☐ Music
- ☐ Family / friends / community
- ☐ Prayer / spiritual practice
- ☐ Art / creative expression
- ☐ Therapy / counseling
- ☐ Cultural / ceremonial practices

PRACTICES YOU WOULD ESPECIALLY LIKE TO MAINTAIN DURING THE RETREAT

SECTION SIX

Nutrition & Dietary Needs

Daily breakfast and dinner are included. This helps our kitchen care for you well.

DIETARY PREFERENCES. CHECK ALL THAT APPLY.

- ☐ No specific dietary needs
- ☐ Vegetarian
- ☐ Vegan
- ☐ Pescatarian
- ☐ Gluten free
- ☐ Dairy free
- ☐ Low sodium
- ☐ Low sugar
- ☐ Kosher considerations
- ☐ Halal considerations

OTHER DIETARY NEEDS

- ☐ Food allergies: No
- ☐ Food allergies: Yes
- ☐ Emergency medication for allergy: No
- ☐ Emergency medication for allergy: Yes

If yes, identify the food(s), reaction, and severity.

Food sensitivities, intolerances, or other nutritional considerations.

SECTION SEVEN

Accessibility & Accommodations

DO YOU REQUIRE OR REQUEST ACCOMMODATIONS DURING THE RETREAT?

- ☐ No
- ☐ Yes
- ☐ Unsure, I would like to speak with a facilitator

If yes or unsure, please describe what would be helpful. Examples may include mobility, sleeping or seating needs, sensory needs, communication considerations, or access to quiet space.

Retreat activities may include walking outdoors, natural or uneven terrain, periods of sitting, optional movement practices, group activities, and extended periods in natural environments.

IS THERE ANYTHING THAT COULD AFFECT YOUR COMFORTABLE PARTICIPATION?

- ☐ No
- ☐ Yes

If yes, please explain.

SECTION EIGHT

Integration & Returning Home

What do you hope to carry home with you from this experience?

What relationships, practices, communities, or resources can support you following the retreat?

Is there anything else you would like us to know?

SECTION NINE

Participant Acknowledgment

I understand that the information provided on this form will be used to help the Encompass Retreats team prepare for my participation and understand my individual needs. I understand that requested accommodations will be considered whenever reasonably possible but cannot necessarily be guaranteed. I understand that Encompass Retreats provides experiences centered on personal growth, education, reflection, community, embodiment, and experiential practices and is not a replacement for medical care, psychiatric care, psychotherapy, emergency services, or other healthcare when such services are needed. I agree to notify Encompass Retreats of significant changes to my dietary, accessibility, or accommodation needs prior to the retreat whenever reasonably possible.

☐ I have read and understand the acknowledgment above.

PARTICIPANT NAME

DATE

SIGNATURE

HOW TO SUBMIT & COMPLETE PAYMENT

Return this completed form to encompassretreats@gmail.com. Payment can be made through our secure Square checkout. Enter the amount for your room selection, per participant:

Serenity Rooms: $6,000 single / $4,500 double · Bali Rooms: $5,500 single / $4,000 double

https://checkout.square.site/merchant/ML4R761PEQZY1/checkout/SZIU5H4T5OF7ORGTOO45CZCS

Prefer to arrange payment together? Call or text 601.596.4399 and we will walk you through it.