



**Restoration Along the Rocks Retreat  
TERMS AND CONDITIONS**

**St. George, Utah**

**September 22-26, 2019**

**Trip leader: Jamie Blume, MPH, NUT, INHC**

**[www.RestorationAlongTheRocks.com](http://www.RestorationAlongTheRocks.com)**

**Included:**

- transformational exercises and activities
- mindfulness lectures on topics relevant to the group as a whole, such as:
  - “Shifting your internal dialogue”
  - “Re-writing Your Story”
  - “Letting Go”
  - “Finding Your Voice”
- Q&A with teens & young adults post-treatment
- vinyasa yoga and movement therapy
- guided meditation
- guided hikes through the canyons and cliffs
- outdoor excursions
- evening “heart circles” and “fire ceremonies”
- private time to journal, reflect, or “be”
- group gatherings to share stories, ask questions, and receive support
- therapeutic 50-minute spa treatment (at the award-winning Sagestone Spa)
- 4 nights Villa accommodations at luxurious Red Mountain Resort
- 4 dinners, including a welcome dinner on September 22, 2019
- 3 lunches
- 4 breakfast, including a farewell breakfast on September 26, 2019
- transfer to and from St. George Municipal Airport (SGU)

**Not Included:**

- your airfare or transportation to St. George from home
- Your transfer to and from Las Vegas McCarran International Airport
- Personal, medical or trip cancellation insurance
- Souvenirs, personal purchases
- Extra spa services
- All tips for drivers, maids, bell boys
- Also not included are: items of a personal nature such as, gifts, medical costs, the costs of hospitalization, travel insurance and additional expenses arising from the



delay or extension of a trip due to weather, political disputes, sickness, failure of transportation, or other causes beyond our control.

- Gratuity for any additional massage services is not included.
- any other activity, healing sessions, and tours not included in our package.

### Payment:

**Cost: \$2150 USD per person.** A non-refundable deposit of \$250.00 USD is due with your Trip Application form in order to hold your spot. Final payment is due 30 days after receipt of registration. All payments are by Visa or MasterCard (we will contact you for credit card information), money order or cashier's check, made out to Along Their Way, LLC and mailed to Jamie Blume, 360 S. Monroe Street, Suite 109, Denver, CO 80209, or venmo @alongtheirway.

### Cancellation Policy:

Any cancellation must be submitted in writing to Jamie Blume. Please email written requests to [jamie@alongtheirway.com](mailto:jamie@alongtheirway.com). Cancellations received 60-90 days prior to trip departure will result in a 50% refund less the \$250 deposit. No cancellations or refunds within 59 days prior to date of departure. We reserve the right to cancel the trip if it is not meeting the trip minimum (if we do so your deposit is refunded in full). Trip cancellation insurance is always recommended whenever making travel plans. You can use our suggested [Travel Guard Insurance](#) online and choose from several policy options.

**Along Their Way, LLC** reserves the right to cancel any trip prior to departure for any reason whatsoever, including an insufficient number of participants or logistical problems (e.g. acts of God, war, etc.), which may impede trip operations. The refund of all payments as described in the paragraph below shall release **Along Their Way, LLC** from any further liability. A trip cancellation due to insufficient numbers would normally occur at least a month prior to departure, unless acts of God or other events impede our departure causing large numbers of participants to cancel participation on the journey in the last days before departure.

**Along Their Way, LLC** must make substantial payments to suppliers (including providers of land travel) far in advance of the scheduled date on which we embark. If a trip is cancelled due to forces beyond our control (acts of God, etc.), **Along Their Way, LLC** will promptly refund the portion of the trip cost not advanced to suppliers. Along Their Way, LLC will use its best efforts to recover advance payments as promptly as possible, and will refund to you the amount recovered, if any. However, Along Their Way, LLC does not guarantee recovery of any or all of the advance payments made. This policy applies to a trip cancellation by client choice following any necessary increase in trip costs.



**Thank you for joining us on this retreat and for your cooperation & understanding!**

**Questions? Contact** Jamie Blume, MPH, NUT, INHC at [jamie@alongtheirway.com](mailto:jamie@alongtheirway.com)

***We look forward to seeing you along the rocks!***