

## **Inner Harmony | Hope Spring**

**October 11-13, 2024**

**Studio 108 | Tracy Rhinehart, LLC**

This is a three-day/two-night retreat at Hope Springs in Peebles OH that will take place from October 11-13, 2024.

Hope Springs is located at 4988 Mineral Springs Road, Peebles OH 45660.

Hope Springs Institute is a 501c3 non-profit retreat center in Appalachian Ohio. The organization is committed to cultivating peace through empowered leadership, innovative learning and personal healing. The 130-acre property includes a farmhouse, a studio lodge, a cottage, a labyrinth, trails and meadows and ponds, indoor and outdoor firepits and innumerable gifts from Mother Nature.

Participants are responsible for transportation to and from the retreat center – approximately a 4 hour drive from Cleveland.

The Inner Harmony retreat will include yoga practices, meditations and/or rituals offered morning + evening. {Not required.}

There will be a twenty-four-hour period of NOBLE SILENCE offered from Saturday morning to Sunday morning. Silence will commence and terminate within lovely and loving ceremonies.

In addition, your retreat includes the following:

- Simple and clean farmhouse + lodge accommodations
- Hikes through the fields + trails adorned with colorful fall foliage
- Nourishing and tasteful meals
- A guided walking meditation through the labyrinth
- Reiki + Sound Healing Sessions
- An inspiring fire ceremony
- Hot tub bathing
- Crafts and other activities for personal exploration + self-expression

Meals will be provided from Friday night dinner to Sunday lunch. In addition, you'll enjoy access to coffee, tea, water + snacks.

Alcohol is not permitted on the property.

*Please communicate any dietary needs you might have so that food services can thoughtfully be provided.*

Retreat Payment Schedule is as follows:

- Payment in full is required to secure your spot
- Farmhouse 1<sup>st</sup> floor: shared room | shared bath \$749
- Farmhouse 2<sup>nd</sup> floor: shared room | shared bath \$749
- Farmhouse 1<sup>st</sup> floor: single room | private bath \$849
- Studio Lodge: shared room | attached bath \$849
- Studio Lodge: single room | private bath \$999
- Cottage: single room | shared bath \$1049

Your spot is not secure until payment is made in full. A cash/check payment is welcome in-studio. Registering through the website with a credit card will result in a 3.5% fee.

Should you need to cancel your reservation, a refund of your purchase price less \$100 is available until August 15th. Following August 15th, no refund or exchange is provided.

Please remember to complete the required paperwork provided at the bottom of the retreat website page.

Thank you for your understanding as we strive to provide you with an experience that exceeds your expectations!

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Signature

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Date