

Dear Participants,

We are excited to welcome you to our Holistic Wellness Retreat! In preparation for your journey towards wellness, we would like to share some important health guidelines to ensure a safe and enriching experience for everyone.

Health Guidelines

- **Stay Hydrated:** Drink plenty of water throughout the day. Aim for at least 2 liters daily.
- **Nutrition:** Enjoy the wholesome meals provided, but feel free to bring any personal snacks that align with your dietary preferences.
- **Physical Activity:** Participate in the scheduled activities, but listen to your body and rest when needed.
- **Mental Wellness:** Engage in mindfulness practices as outlined in our retreat schedule; these are designed to enhance your overall experience.
- **Respect Personal Space:** Be mindful of others' personal boundaries and comfort levels during group activities.
- **Health Concerns:** If you have specific health concerns or dietary restrictions, please inform the organizers prior to your arrival.
- **Medication:** If you are on any medication, please ensure you have a sufficient supply for the duration of the retreat.

We aim to create a nurturing environment where everyone can thrive. Your cooperation with these guidelines will contribute to a harmonious retreat for all.

Looking forward to an enriching experience together!

Warm regards,

The Retreat Organizing Team