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## LIVING LIFE AS A MYSTIC RETREAT FREQUENTLY ASKED QUESTIONS

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### **Where is the retreat being held?**

We will be meeting in the On the Greens Clubhouse, 969 W On the Greens Blvd., Cottonwood, Arizona 86326 (less than 10 minutes from the Hampton Inn and Suites).

### **Event Times:**

We will begin at 9 am Friday November 7th and end approximately 4 pm Sunday November 9th. I strongly recommend flying in Thursday and out Monday to give yourself the time and space to relax and connect with the land.

### **Transportation / Parking:**

Fly into Phoenix Sky Harbor Airport (PHX) (approx 2 hours from Cottonwood) or Flagstaff Pulliam Airport (FLG) (approx 1.25 hours from Cottonwood). You will need a car / rental (or a shared ride). There is a FaceBook group to find ride shares. Parking is free at the Community Center, in Old Town and Sedona.

### **Lodging:**

There are many options in the area that are nearby. We have a group rate of \$139/night for a double queen at the Hampton Inn and Suites. A reservation link will be provided at the time of registration.

### **What food/meal options are available?**

If you are coming in from out of town and staying at the Hampton Inn and Suites, you will have a group rate available that does include a continental breakfast. There are many restaurants in the area that offer healthy options. Most are within 10 minutes from the retreat location. There are nearby grocery stores and a Mountain Hope Foods - Naturally for very healthy options.

### **Is a refrigerator available at the retreat?**

We have access to a full kitchen that you can store your food during the retreat.

### **I have a specific question about the retreat. How can I get more information?**

We're here to help! If you have any additional questions or need more details about the retreat, please email us at [melinda@mvjacobs.com](mailto:melinda@mvjacobs.com) or call at 720-446-6162, and we'll be happy to provide you with all the information you need.