



Relational Mindfulness, Power, and the Deep Feminine: An Experiential and Restorative Digital Retreat for Women

Frequently Asked Questions for the At-Home Retreat

Note: *This at-home retreat program will be hosted on the Thinkific Learning Platform as well as on Zoom. Thinkific will contain curriculum and schedule information, and we will meet for each class session in the Zoom Room.*

How do I register for the course?

You can register for this at-home retreat, online at esalen.org in the workshop section or by clicking this link. You can also book this at-home retreat with the reservationist by calling our phone number.

How much does the course cost?

The course cost is \$450. You can also opt into our financial aid program and participate for \$300 or contribute to our generosity program and participate for \$600.

What is the generosity program?

Our generosity program gives you an opportunity to pay it forward and contribute for someone who may need financial assistance.

Do you offer any financial assistance?

Through the support of Esalen and your fellow participants, participation for those who request financial assistance is available at the discounted rate of \$300.

Is Eden going to be at Esalen?

Eden will be guiding your experience from her home. Participants at Esalen Institute in Big Sur will be supported by her and an on-site facilitator. Participants online will be supported by Eden and your fellow participants.

Do I have to come to Esalen to participate in this workshop?

This workshop is being offered in two forms. First as an in person Esalen experience, second as an at-home digital retreat. You do not need to travel to Esalen to participate in this experience.

How long is this at-home retreat?

The at-home retreat will last five days. Starting on Monday and ending Friday afternoon. You will have access to the digital course and replays for up to 30 days.

How do I access my course once I have registered?

We will be hosting the course on the Thinkific learning platform. Prior to your course you will receive an email with login information to access the course. You'll have access to this learning dashboard for the extent of the course.

How do I access the ZOOM room?

Each class link will be available in your class dashboard on Thinkific. You will also receive a reminder email each day with the activities and necessary links.

How do I reset my Thinkific password to access the course?

Prior to your course you will receive an email with information on how to create and reset your password should you lose access.

Who do I talk to for technical support during this course?

Peter Cobabe with Esalen will be your primary contact for technical support throughout the course. He can be reached directly at peter.cobabe@esalen.org.

Who do I talk to for emotional support during this course?

Eden, our presenter will be your primary contact and source of support regarding the content and process of the week. Group question and answer times and opportunities for breakout conversations will be provided throughout the week.

Do I have to attend each class live, or will there be access to replays?

The classes will be recorded and uploaded for you to enjoy and experience as your schedule permits. You will have access to the class recordings and materials for a total of 30 days.