

# Pismo Beach Retreat Agreement

2026

*Retreat. Renew. Rediscover.*



## 1. Retreat & Accommodation Details

- Retreat Location: Pismo Beach, California
- Accommodation/Room Type: Single and Double Rooms Available

## 2. Check-In and Check-Out Times

- **Check-In (Arrival):** Guest may arrive and occupy accommodations beginning at **3:00 PM** on the arrival date unless otherwise approved in writing.
- **Check-Out (Departure):** Guest must vacate accommodations no later than **10:00 AM** on the departure date unless a late check-out is pre-approved in writing.
- Unauthorized late departures may result in additional charges equal to one full night's rate.

## 3. Payment / Reservation

- Guest agrees to pay all retreat fees, deposits, and balances as outlined during registration.
- Full payment must be received prior to check-in.
- Failure to complete payment may result in cancellation of the reservation without refund.

## 4. Participant Responsibilities & Conduct

- Guests agree to conduct themselves in a respectful, safe, and lawful manner at all times.
- Guests must follow all house rules, safety policies, posted signage, and staff direction.
- Damage to property caused by Guest will be charged to Guest.

- Organizer is not responsible for lost, stolen, or damaged personal items.

## 5. Alcohol Policy

Pismo Beach Retreats does **not provide, sell, furnish, or serve alcohol** at any time. However, alcohol is **not prohibited** for adult participants who legally choose to bring their own for private consumption.

Guests who consume alcohol agree to do so **responsibly and in moderation**. Any excessive intoxication, unsafe behavior, disruption, or interference with the retreat experience may result in **immediate removal without refund**.

Alcohol may **never** be provided to anyone under the legal drinking age. Guests assume **full responsibility and liability** for all consequences related to alcohol consumption. Pismo Beach Retreats, its owners, staff, and affiliates shall not be liable for any alcohol-related incidents.

## 6. Quiet Hours

To ensure a peaceful and restorative environment for all guests, **quiet hours are observed from 10:00 PM to 7:00 AM** unless otherwise designated by the retreat schedule.

During quiet hours, all guests agree to:

- Lower voices and electronic volume
- Avoid gatherings that disturb other participants
- Respect guests who are resting or sleeping

Repeated violations of quiet hours may result in removal from the retreat without refund.

## 7. Ocean & Beach Safety

Guests acknowledge that the retreat location may include **access to the ocean, beach, cliffs, tides, marine wildlife, uneven terrain, and changing weather conditions**.

- Swimming, wading, surfing, or any ocean activity is done **entirely at the Guest's own risk**.
- Guests are responsible for monitoring surf conditions, tides, and personal swimming ability.
- Children must be supervised at all times near the ocean.

- Organizer does not provide lifeguard supervision.

Guests assume all risks associated with ocean and beach activities and fully release Organizer from any related liability.

## 8. Health, Medical & Emergency Consent

Guest affirms they are physically and mentally capable of participating in retreat activities.

In the event of an emergency, Guest authorizes Organizer and staff to:

- Contact emergency medical services
- Consent to medical treatment if Guest is unable to do so
- Share necessary medical information with emergency responders

Guest agrees to be fully responsible for all medical costs incurred and releases Organizer from liability for medical outcomes.

## 9. Risks, Liability & Insurance

Guest acknowledges that retreat participation involves inherent risks including but not limited to movement-based activities, travel, shared accommodations, weather exposure, ocean conditions, and group environments.

Guest voluntarily assumes **all risks** and releases Organizer from liability for any injury, illness, loss, or damage to person or property.

Guest is encouraged to obtain **health, travel, and personal insurance**.

## 10. Cancellation & Refund Policy

- Retreat Deposit is Non-Refundable
- Cancellations more than 20 days before retreat start: 50% refund of balance due
- Cancellations within 20 days of retreat: No refund
- No-shows: No refund



## 11. Late Arrival, Early Departure, & Early/Late Access

- Early arrivals and late departures require prior written approval.
- Early departures do not qualify for refund.
- Unauthorized late departures may incur additional fees.

## 12. Indemnification

Guest agrees to **indemnify, defend, and hold harmless** Organizer, owners, staff, and affiliates from all claims, losses, damages, liabilities, or legal expenses arising from Guest's participation, conduct, or breach of this Agreement.

## 13. Governing Law

This Agreement shall be governed by the laws of the State of California. Any disputes shall be resolved in California courts unless mutually agreed otherwise.

## 14. Entire Agreement

This document constitutes the entire agreement between the Parties and supersedes all prior communications. Any changes must be in writing and signed by both Parties.

## Participant Acknowledgment & Signature

By signing below, Guest confirms that they have read, understood, and agreed to all terms of this Agreement.

Participant Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

# RETREAT MEALS & EXPERIENCE INFORMATION FORM

## Pismo Beach Retreats

We are excited to welcome you to your upcoming retreat experience. To ensure your comfort, nourishment, and enjoyment, please review the information below and complete the dietary section at the bottom of this form.



## MEALS PROVIDED DURING THE RETREAT

Your retreat registration includes the following meals:

- Daily Breakfast
- Daily Lunch
- Select Dinners (as outlined in your retreat itinerary)
- Water, tea, and light refreshments throughout the day

Meals are prepared with fresh, nourishing ingredients to support your body, energy, and overall experience.



## FOOD RESTRICTIONS & ALLERGIES

To best accommodate your needs, please complete the section below:

### Do you have any food allergies?

- ☐ No
- ☐ Yes – Please specify: \_\_\_\_\_

### Do you follow any dietary preferences or restrictions? (Check all that apply)

- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten-Free

- ☐ Dairy-Free
- ☐ Nut Allergy
- ☐ Low Sodium
- ☐ Other: \_\_\_\_\_

**Additional comments or needs regarding food:**

Please note: While we will do our best to accommodate dietary needs, we cannot guarantee a completely allergen-free environment.

## **INCLUDED RETREAT EXPERIENCES**

Your retreat experience also includes the following specially curated offerings:

- **Muscle Release Massage**
- **Drum Circle Experience**
- **Sound Journey**
- **One-on-One Personal Time with Each Host:**
  - **Patti Stueland**
  - **Jeannie Bruenning**

These experiences are designed to support relaxation, connection, personal growth, and restoration.

## **PARTICIPANT INFORMATION**

Participant Name (Print): \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

## **PARTICIPANT ACKNOWLEDGEMENT**

By signing below, I acknowledge that I have reviewed the included meals and retreat experiences and have accurately disclosed my dietary needs and restrictions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Pismo Beach Retreat Registration Form

Creative Renewal Retreat

February 23-26, 2026

*Retreat. Renew. Rediscover.*

## Participant Information

- **Full Name:** \_\_\_\_\_
- **Email:** \_\_\_\_\_
- **Phone:** \_\_\_\_\_
- **Emergency Contact Name & Phone:**  
\_\_\_\_\_
- **Address:** \_\_\_\_\_

## Retreat Package & Payment

### Total Retreat Cost:

- **Early Bird Fee:** \$1,400 - due by January 15, 2026
- **Double Room Occupancy:** \$1,600 - due by February 1, 2026
- **Single Room Occupancy:** \$1,900 - due by February 1, 2026

*Single Room availability is limited*

- **Deposit (Non-Refundable):** \$400 - **Due by: December 27**



**Payment Methods:**

- ☐ Check - *Make checks payable to: A Silver Thread, LLC*
- ☐ Credit Card
- ☐ Bank Transfer

Your deposit secures your spot. Reservations are **not confirmed** until the deposit is received.

## Cancellation & Refund Policy

- Deposit (\$400) is **non-refundable**.
- Cancellations prior to February 15: Remaining balance **not yet paid** is canceled.
- Cancellations after February 15 or no-shows: Full retreat cost **is due and non-refundable**.

## Dietary Restrictions & Allergies

- **Do you have any food allergies?**
  - ☐ No
  - ☐ Yes – Please specify: \_\_\_\_\_
- **Do you follow any dietary preferences or restrictions?**
  - ☐ Vegetarian
  - ☐ Vegan
  - ☐ Gluten-Free
  - ☐ Dairy-Free
  - ☐ Nut Allergy
  - ☐ Low Sodium
  - ☐ Other: \_\_\_\_\_

**Additional Comments:**

## Acknowledgement & Signature

I hereby register for the Pismo Beach Retreat and acknowledge that I have read, understand, and agree to the retreat terms, including the deposit, payment, and cancellation policy.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_