



# NIKAU RETREATS

**This summer, join Drs. Lauren Koedyk, Tamara MacIntyre and Monique Andrews in Palm Beach, Costa Rica.**

This seven-day immersion will provide you with a community of strong and powerful women to serve as your support and mentors. Your guides will encourage the strengthening of your relationship with Self and Spirit by facilitating conscious exploration of who you are as a chiropractor. This unique small group experience will include yoga, meditation, self-inquiry, workshops and service days in an environment of play and restoration.

\$1499/Includes accommodation, meals & airport transfers.  
Excludes flights. Applications close noon (PST) **May 3rd, 2019.**

Timeline:

- June 16 : Fly into Liberia,CR, Bus Transfer to Palm Beach, Welcome Dinner
- June 17: Morning yoga practice, adjusting workshop, beach
- June 18: Morning yoga practice, development workshop, beach
- June 19: Morning yoga practice, service day
- June 20: Morning yoga practice, service day
- June 21: Morning yoga practice, surf, beach Closing dinner
- June 22: Morning yoga practice, departure to Liberia

Please provide the following information:

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**School Attending/Attended:** \_\_\_\_\_ **Graduation Date:** \_\_\_\_\_

**Are you in clinic? Y/N** \_\_\_\_\_ **If no, date you will enter?** \_\_\_\_\_

**Technique seminar experience**

Please list: \_\_\_\_\_

**Overseas travel experience? Y/N** If yes, please give details. \_\_\_\_\_

**Yoga experience? Y/N** If yes, please give details. \_\_\_\_\_

**Meditation experience? Y/N** If yes, please give details. \_\_\_\_\_

**What is your familiarity (if any) with the following?** read (underline) studied (circle)

- |               |                 |                 |             |               |              |                      |
|---------------|-----------------|-----------------|-------------|---------------|--------------|----------------------|
| Green books   | Blue books      | BJ Palmer       | Reggie Gold | Sue Brown     | Pema Chodron | Eckhart Tolle        |
| Brene Brown   | Sheryl Sandberg | Kristin Neff    | Rick Hanson | Norman Doidge | Peter Levine | Bessel van der Kollk |
| Steven Porges | Gabor Maté      | Don Miguel Ruiz | Brian Green | Frijof Capra  | Bruce Lipton | Candace Pert         |
| Joe Dispenza  | Thich Nhat Hanh | Lynne McTaggart |             |               |              |                      |

Others: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Who are you as a chiropractor in three words?**

\_\_\_\_\_  
\_\_\_\_\_

**How do you want your patients to describe their experience with you? (One sentence.)**

\_\_\_\_\_  
\_\_\_\_\_

**If people are coming to you for support, what are they asking for?**

\_\_\_\_\_  
\_\_\_\_\_

**If you are going to ask for support, what are you asking for?**

\_\_\_\_\_  
\_\_\_\_\_

**Please describe your current self-care practices.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Successful applicants:

- Successful applicants will be notified by **May 6, 2019**.
- Please make yourself aware of flight duration and cost before applying. Nikau Retreats will not oversee your flight travel.
- Valid passport with at least six months validity is required to enter Costa Rica.
- Please note there will be shared accommodations and requests are considered not guaranteed.

We are able to offer a limited number of single occupancy.

I would like single occupancy \_\_\_\_\_ I am willing to share accommodations with \_\_\_\_\_

Payment:

A deposit of \$699 is required to secure your spot. Deposit is non-refundable. **Deposit is due by May 10 2019.**

If deposit is not received by due date your spot will be offered to another applicant.

**Full amount is due by May 24 2019.** All amounts given in US dollar.

Cancellation Policy:

All fees non-refundable and non-transferable once paid.

**Please print and scan your completed application to [drlaurenkoedyk@gmail.com](mailto:drlaurenkoedyk@gmail.com) by noon (PST) May 3 2019.**

In the spirit of adventure,

Dr. Lauren Koedyk, DC  
Founder of Nikau Retreats