



# Loon Lake Retreat 2023

## Info and Registration Form

**2023:**  
Serenity Strength  
Growth

“A weekend wilderness retreat for recovering co-dependents”

### Important Info:

Retreat Dates:

**Friday-Sunday May 12, 13, & 14, 2023**

Retreat Check-in Date:

**Friday May 12, 2023 at 3:00PM**

Early-bird Registration/Payment  
Deadline (-5%): **April 15, 2023**

Final Registration/Payment Deadline:  
**April 29, 2023**

Retreat Address: **14500 Silver Valley  
Rd, Maple Ridge, BC**

Please

Remember:

This is a  
substance &  
fragrance-free  
event

### Registration Form Instructions:

Feel free to either print this form, fill out by hand and bring to the **Saturday North Shore 10AM meeting** before the deadline OR fill it out digitally and email to [NorthShoreCoda@gmail.com](mailto:NorthShoreCoda@gmail.com).

Digital Instructions:

- › Read and fill out all information in this form
- › Save a copy to your computer or phone and please use the following title “YOURNAMELoonLakeRegistration” when you save the document. For example:  
"JonSmithLoonLakeRegistration.pdf"
- › Email to [NorthShoreCoda@gmail.com](mailto:NorthShoreCoda@gmail.com)

### Please Bring:

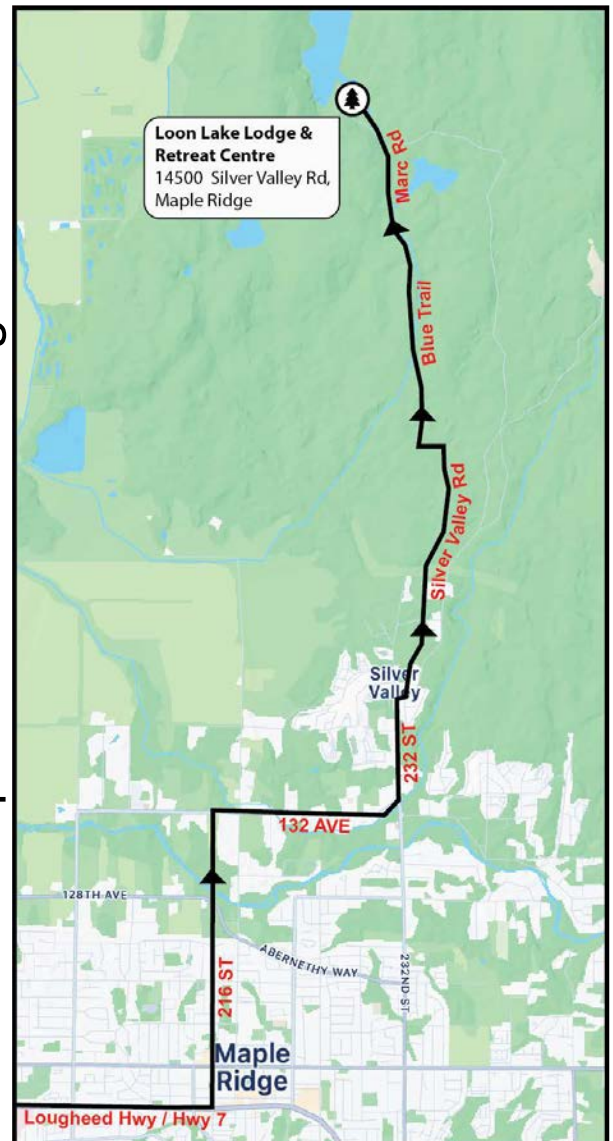
- › Bedding necessities (sleeping bag or bedding, and pillow)
- › Footwear (hiking boots, runners, slippers etc)
- › Toiletries (shampoo, soap, toothbrush, toothpaste)
- › Flashlight/headlamp
- › Clothing appropriate for weather
- › Towel(s)
- › Bathing suit (if applicable)
- › Favourite stuffed animal or comfort item
- › Snacks for sharing
- › Musical instruments (guitar, banjo etc)

### Inquiries:

For general info on the accommodations or the retreat location, please visit the Loon Lake website at <https://loonlake.ubc.ca>

For any specific questions regarding the retreat, please contact Nancy at 604-868-6644, [nrpretto@gmail.com](mailto:nrpretto@gmail.com)

Map to Loon Lake Lodge



## Registration:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province/State: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

(We use your address, phone and email to send you confirmation. Please note: we prefer to use E-mail)

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## Cost:

Choose one:

### **Full weekend attendance in a DOUBLE occupancy room**

Early Bird Rate: \$305.50

Regular Rate: \$320.00

Includes: Sleeping accommodation for Friday and Saturday

6 total meals, workshops and events

### **Full weekend attendance in a SINGLE occupancy room**

Early Bird Rate: \$350.00

Regular Rate: \$370.00

Includes: Sleeping Accommodation  
for Friday and Saturday in your own  
room

6 total meals, workshops and events

### **Single Day - Saturday attendance**

Regular Rate: \$100.00

Saturday May 13 only 7:00am - 10:00pm, Arrive anytime!

Includes: 3 total meals, workshops and events

Please note:  
All prices include taxes

Vegan or Gluten-free  
option available at  
an additional cost

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I am open to be paired with someone with whom to share a room

The person with whom I'd like to share a room: \_\_\_\_\_

Total amount I am paying: \_\_\_\_\_

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## Method of Payment:

Choose One:

**E-transfer** - Send total amount to **NorthShoreCoda@gmail.com**. If you are required to enter a question and answer, use: "What are we working towards?" answer: SERENITY. Please indicate in the notes section that this payment is for the **Loon Lake Retreat**.

**Cheque** - Drop off cheque at the **Saturday March 19 North Shore 10AM meeting**

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## Participation:

Some CODA members have volunteered to lead workshops and everyone is encouraged to help with returning equipment to storage and cleaning rooms and bathrooms before leaving on Sunday. If you are interested in helping more, please contact Nancy at 604-868-6644, nrpretto@gmail.com