

FAQ



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What do I need to bring for retreat participation?

A

Nothing. Any required materials will be provided to participants.

www.BlackMentalWellness.com

\$750

FAQ



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What are the physical requirements of retreat activity?

A

Retreat attendees will be invited to engage in gentle movement exercises.

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Is there a dress code?

A

Please bring or wear comfortable clothing and footwear. Some of the activities will require gentle movement.

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What are the payment options?

A

Payment plan options are available. Please contact Dr. Jessica Henry, DrHenry@BlackMentalWellness.com to discuss more. All payments must be paid by August 31, 2024

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Can I receive a refund if I am unable to attend?

A

All deposits and registration fees are non-refundable. 50% of the registration fee can be refunded if a request to cancel your registration is made in writing by August 15, 2024.

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How will you accommodate vegetarians or individuals with special dietary needs?

A

Please indicate on your registration form your dietary preferences and restrictions.

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Are transportation and on-site parking provided?

A

Transportation to/from the retreat site is not included

Complimentary on-site parking is offered to all guests.

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What are the nearest airports to the retreat location

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For those traveling out of state, BWI and DCA airports are closest to the retreat site.

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What are local hotel options?

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The Westin Washington National Harbor

Hyatt Place National Harbor

Gaylord National Resort & Convention Center

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