

Hey Retreaters!

Here is some key info as our big weekend approaches. I think it goes without saying that we are all VERY excited about this weekend away!

A quick word about **name tags** -- many of you received official VR Med name tags at the beginning of the season. In the spirit of saving time, paper and plastic, please **bring your name tags with you!** Disposable name tags will be available for those who don't have one.

CHECK IN

You can check in to your room at [Queen's Landing](#) **as of 3pm** on Friday, April 12.

Event registration will **begin at 7pm**, downstairs, in the lobby outside of the Grand Georgian Ballroom.

CHECK OUT

Checkout from Queen's Landing must happen **prior to 11am** on Sunday, April 14. Please bring your bags with you to our final sing along.

ITINERARY

[Here is a detailed itinerary](#) of the weekend's events. I have made arrangements for all dietary restrictions that were indicated at the time of registration, although they are not listed on the itinerary.

PARKING

There is definitely parking on site, though I am still waiting to hear back about pricing. It may even be free! Stay tuned, I'll let you know when I know.

GOOGLE DRIVE - SHARE YOUR MEMORIES!

I've created a [google drive folder](#) for all of your retreat photos! Feel free to upload them as you go, or after the fact. Please refrain from sharing these photos with any folks who are *not* members of VRC.

OTHER IMPORTANT THINGS...

- **Sunday morning yoga:** **please bring your own mat** if you intend to take part!
- There is a pool, hot tub and sauna at the hotel -- bring your swimsuit!

If you need anything throughout the retreat weekend, I am your first point of contact. The best way to contact me is via email at admin@voicesrockcanada.com. Please label your subject as "urgent" so I see it right away. It's going to be such a beautiful weekend. I can't wait to see you all!

xo

Nancy

[Download the Retreat Itinerary](#)