



# Ecstatic Self LLC

## RETREAT APPLICATION

Hello there,

We want to express our heartfelt appreciation for submitting your application for our spiritual retreat. Your interest in the program is truly valued, and we thank you for considering us!

To assist us in better understanding your hopes and expectations for the retreat, we kindly request that you provide us with some additional information.

Could you please share with us what you hope to achieve through this experience and how you believe it will benefit your personal or professional life? Your thoughts and opinions mean a great deal to us, and we are eagerly looking forward to hearing from you.

Warmest regards,  
Kaelan & the Ecstatic Self Team

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

Name by which you prefer to be called: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

Gender Identity: \_\_\_\_\_

T-Shirt Size (for retreat swag): \_\_\_\_\_

Emergency Contact (Name, Number, & Relation):

\_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

What do you hope to achieve through this experience?

How do you think it will positively impact your personal or professional life?

What are your expectations for the retreat?

What is your previous experience with meditation or similar practices?

How did you come to know about Kaelan/Ecstatic Self?

Are you experiencing any health or physical conditions that may impact your ability to sit, stand, or walk comfortably?

Have you experienced any significant emotional or mental health issues in the last three years that would impact your ability to meditate?

Are any current circumstances causing additional stress or potentially impacting your ability to participate in vulnerable work (ex: experiencing a loss, going through a major life transition, etc.)? Your well-being is important to us and we want to ensure that we can provide any necessary support.

Is there anything else that you would like to share with us?

Would you require a scholarship to reduce the fee for the retreat to attend? If so, what amount would be necessary?

We want to express our sincere gratitude for sharing your exceptional qualities and unique perspectives with us. We truly appreciate the effort you have put into your application and your interest in our retreat. We acknowledge that fewer slots are available than people wishing to attend. Would you be open to a brief video chat to discuss in greater depth your application, if necessary?

If, regrettably, we cannot accommodate you for this retreat, would you like us to add you to the waitlist for upcoming retreat offerings?

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Signature

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Today's Date

Thank you & be blessed!

Kaelan & the Ecstatic Self Team

Completed applications and any further questions may be forwarded to:  
**[admin@ecstaticself.com](mailto:admin@ecstaticself.com)**