

**10 Day Lifestyle Habit Change**

**& Introspective Island Retreat Application**

**Mary Vance**

**Text or Call: 517-304-8066**

[**www.maryvancelifestyle.com**](http://www.maryvancelifestyle.com)

**Thank you for your dedication to personal transformation & willingness to invest in your life experience!**

**Name:**

**Birth Date with year:**

**Date:**

**Mailing address:**

**Email Address:**

**Phone number:**

***\*\*\* Please note that there is a separate intake that you will be filling out after your consultation with Mary that is primarily focused on your current nutritional habits, lifestyle patterns, and goals. \*\*\****

**What do you desire to achieve or gain from this 10 day retreat experience? Please be HONEST and as specific as possible.**

**Are you looking for a ceremonial experience or vision quest within the retreat?**

**Are you interested in fasting/cleansing/detoxifying within this retreat?**

**Do you have any physical, mental, or emotional limitations that you need your retreat team to be aware of?**

**Do you have any specific needs that require special care that the retreat team will need to be aware of?**

**How many people will be coming with you on retreat?**