SONORAN WINDS SACRED SHARE

Name: Nickname: Pronouns:

E-mail: Telephone: Resident City:

Date Of Birth: Location Of Birth: Time Of Birth:

Welcome to Sonoran Winds!

We take this sacred responsibility with humbleness and exorbitant amounts of gratitude! This will be a very special week.

Please take your time in providing the following information. These questions are designed to help us begin to understand you and how you were led to us here at Sonoran Winds.  The sharing of your information will help us create a wellness plan curated for your unique needs and goals.  We want to honor you and we thank you for taking this journey with us.

\*Please know that all information provided is confidential\*

Please share your “how you found Sonoran Winds” story with us.

Have you ever given/gifted yourself a retreat experience before?

Why did you choose to allow this wonderful excursion into your true self?

GOALS AND EXPECTATIONS

What attracted you to Sonoran Winds?

What do you enjoy the most about your relationships with women?

What is challenging within your relationships with other women?

What would you like to accomplish with your time at Sonoran Winds?

What do you definitely want to experience at Sonoran Winds?

What are your current well-being goals?

Do you have any reservations in experiencing simple sacred rituals designed to promote healing, unity and transformation?  (If so, please share so we can be considerate of your concerns.)

 In what areas would you like to improve your life? (health, self-love, discipline, motivation, business, etc.)

What are some of your general goals and/or intentions in life?

Which activities would you like to experience during your stay with us?

On a scale of 1-10, how much would you like to do the following?

* Yoga
* Meditation
* Self Awareness
* Self Care
* Creative Movement
* Art
* Beading
* Astrology
* Early morning hiking
* Sunsets
* Stargazing
* Holistic Therapies (Massage, Acupuncture, Reiki)
* Essential Oils
* Spiritual Evolution (Shamanic healing, Advanced Meditation)

How can we make your stay enjoyable, and comfortable?

FAMILY

Are you: single, married, widowed, divorced?

Do you have any children? If so, how many?

How many family members did you grow up with?

Please share anything you wish to about your childhood:

Describe your current relationship with your family:

What do you know about your birth?

LIFE

Please share anything regarding your current relationships:

What do you “do”… job, calling, talents?

What are your most treasured accomplishments/experiences in this life?

What would your friends say about you if we asked?

What is your ideal outing?

What do you enjoy doing in your free time? Hobbies? Interests?

What is your favorite season and why?

What is your favorite time of day and why?

HEALTH

Do you have any medical concerns we need to be aware of?

Are you a night owl or early bird?

What time do you usually go to sleep at night?

How would you describe your sleep health?

* I sleep great!
* I snore
* Light sleeper
* Insomnia
* Sleep Apnea/CpAp

Are you a cigarette smoker?

Do you consume alcohol?

How much? How often?

Do you use recreational cannabis? (You can be honest, it’s legal in AZ.)

How much? How often?

Do you have a healthy relationship with drugs and alcohol?

Do you have a regular exercise practice?

What form? How often?

Do you practice any other movement modalities?

Are you currently experiencing overwhelming sadness, grief or depression?

* No
* Yes    If yes, for approximately how long?

Are you currently experiencing anxiety, panic attacks or phobias?

Do you have an emotional support system in place?

Please share anything you wish to regarding any major losses or traumas you have experienced:

Where do you find joy and happiness?

What do you do to relax?

Do you practice meditation or other mind-stillness techniques?

What is your spiritual background?

Do you engage in spiritual practice?

Do you enjoy contemplative quiet time like prayer meditation?

ALMOST FINISHED… YOU ROCK!

Do you have any questions or concerns for us that you would like answered before your retreat begins?

Do you have any specific requests?

Anything we forgot?

PLEASE FILL OUT THE FOOD INTAKE FORM FOUND ON OUR WEBSITE! Each meal will be specifically catered to your preferences.

[sonoranwinds.com](http://sonoranwinds.com) > Book Your Journey > (all the way at the bottom of the page) > FOOD INTAKE FORM :)

We are so excited to meet you!

With all the love in our hearts… we welcome you to Sonoran Winds!