

# 8th Annual Stress & Healing Arts Retreat Application

*“Healing Ourselves Today for the Generations of Tomorrow”*



- Cost: FREE
  - 2 Days: Thursday, March 23rd (8:00-4:00 pm) & Friday, March 24<sup>th</sup> 2023 (8:30 am - 3:00pm)
  - Cherokee Choices, Ginger Lynn Welch Complex, 806 Acquoni Cherokee, NC
  - You must be 18 years of age or older
  - Learn about stress and healthy ways to manage it.
  - Learn about grief and trauma; and how to process it within your life.
  - Experience massage, wild edible hike, yoga, tai chi, crafts and MORE!
- ONLY A LIMITED NUMBER OF PARTICIPANTS ARE ACCEPTED!**

**Mail, Email, or Deliver the Completed Application by Friday, March 3<sup>rd</sup> 2023 @ 4 pm**

To: Cherokee Choices – Stress and Healing Arts Retreat  
PO BOX 666, 806 Acquoni Road Suite 200  
Cherokee, NC 28719 Fax: 828-359-0059

**For more information contact Cherokee Choices:**

Yolanda Saunooke, 828-359-6784 [yolasaun@ebici-nsn.gov](mailto:yolasaun@ebici-nsn.gov) or  
Tori Bryson, 828-359-6778 [victtram@ebci-nsn.gov](mailto:victtram@ebci-nsn.gov)

**ADMIN LEAVE Granted for 40 Tribal Employees to attend! (see memo for details )**

**Please check all days you can attend. (First preference will be given to those that can attend both days)**

\_\_\_ Thursday, March 23<sup>rd</sup> 2023 (8:30-4:00 pm) \_\_\_ Friday, March 24<sup>th</sup> 2023 (8:30-3:00pm)

**PLEASE PRINT ALL INFORMATION**

Full Name (print) : \_\_\_\_\_

Have you attended the Cherokee Choices Stress & Healing Arts Retreat in the past? Yes No

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name & #: \_\_\_\_\_

Enrolled Member of the EBCI? Yes or No Community? \_\_\_\_\_

Tribal Employee? Yes or No If yes, what department \_\_\_\_\_

How did you find out about us/referral? \_\_\_\_\_

Meal Preference (ie. Vegetarian /Food Allergies): \_\_\_\_\_

List any assistance that may be needed during the retreat or immediate health concerns  
(i.e.wheel chair, asthma, heart conditions) \_\_\_\_\_

Do you prefer to have a massage, healing touch, reiki or a life coach  
session \_\_\_\_\_?

Please Circle one for Fitness level: Beginner, Moderate, Advanced.

Please Circle one preferred: Outdoors (Hike) or Inside (Yoga).

Please Circle one: Pound with Tori/April or Boxing with Keahana.

Participants will be selected based on need and utilization of information presented. Please answer the following questions honestly. *All information will be kept confidential and will only be seen by your Lifestyle Coach & the Cherokee Choices Stress & Healing Arts Committee.*

**1. Tell us about the current level of stress, grief and/or trauma in your life.**

High (high stress/trauma/grief and/ or experienced daily)

Moderate (experience stress/trauma/grief and/ or experienced weekly)

Low (stress/trauma/grief and/ or experienced monthly)

Tell us about your experiences: \_\_\_\_\_

**2. Reflecting on your life, tell us how much stress, grief, and trauma affect you today.**

1 2 3 4 5 6 7 8 9 10  
Low Medium High

**3. How do you plan on using the information presented in the Stress & Healing Arts Retreat?**

\_\_\_\_\_

**If I am accepted to attend the workshop. I understand that I am responsible for the following:**

1. Attending committed days of the retreat.
2. Understanding that the information shared by other participants during this workshop is confidential.
3. Not using phones, IPODS, etc. during program hours.
4. Using appropriate language (no curse words).

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

Supervisors Signature (for Tribal Employees) \_\_\_\_\_ Date \_\_\_\_\_

*\*If selected wear comfortable clothing/shoes for light activity & a comfy blanket or sweater - items will be available for purchase so bring cash if desired! **Participants will be selected & contacted by March 7<sup>th</sup>.** Sgi! Cherokee Choices*