



mncWELL Retreats 2026

RELAX.REWIND.RECHARGE.RENEW

#Chapter4 is all about Communication. We will tap into our chakra 5, the throat chakra, or **VISHUDDA**, which represents communication, creativity and self-expression.

Name:

Date of Birth:

**Must be 18y.o. or older to participate.

Address:

State/Province:

Zip Code:

Cell Phone:

Email:

PROGRAM AT A GLANCE: Each day of the retreat will have its own theme and include un-programmed (UP) time.

WEDNESDAY October 7	THURSDAY October 8	FRIDAY October 9	SATURDAY October 10	SUNDAY October 11	MONDAY October 12
RELAX: mncWELLcome RELAXception -Wear Blue	REWIND: MINDFuLUNDamentals - MINDFuL Practice and Spaaaah	RECHARGE: Gastronomical Excursion - Riverside Dining Experience	RENEW: Let's Get Physically Fit - Row, Croque and Rosé	DEPART OR *Optional Day Trip to Kingston (not included in program fee)	

HOST HOTEL: Jamaica Inn, The Old School Caribbean Charm 5-star Luxury Resort, [Ocho Rios, Jamaica](#)
mncWell Room Rate: \$399/night for a Superior Balcony Suite (inclusive of 25% tax & service charge + \$2/night room tax).

mncWELL Retreat Program Fee: USD\$995. Retreat Fee is exclusive of air travel and room rates.

☐ Yes, Count me in for #chapter4 mncWELLRetreats in Ocho Rios, Jamaica, W. I. October 7-12*, 2026. Columbus day weekend. [Reserve your lounge chair by August 7, 2026.](#)

Optional Day Trip:

☐ Yes, Yay, Count me in for the day trip to Kingston on October 11. ☐ No, Bummer, I have to depart on October 11.

Registration Payment Options:

- ☐ I am submitting the full program fee of \$995 by August 7, 2026.
- ☐ I am submitting the minimum deposit of \$600, and I will pay my balance of \$395 by August 7, 2026.

Payment Methods:

- ☐ Via Zelle: jwHCl@aol.com
- ☐ Via Check: Make checks payable to Health Concepts International, LLC, 1701 Pennsylvania Ave., NW, Suite 200, Washington, DC 20006.

Please sign below and email completed form to mncwell@healthconceptsintl.com. Access to mncWell special room rate package of \$399 per night and program menu details will be provided upon receipt of completed registration form with payment. **Form must be signed and dated.**

Signature:

Date:

CANCELLATION POLICY: CANCELLATIONS PRIOR TO AUGUST 7 ARE ELIGIBLE FOR A FULL REFUND, MINUS \$95 ADMIN FEE. NO REFUNDS AFTER AUGUST 7, 2026.