



L1 RETREAT APPLICATION FORM

Returning to Regulation

3 Days / 2 Nights Immersive Retreat
 April 24–26, 2026 | Ontario

The Elite Squad Association

Theelitesquad.ca

This retreat is intentionally small and carefully held. Completing this application is part of the process, helping ensure readiness, alignment, and mutual clarity. Submission does not guarantee acceptance.

SECTION 1 – Personal Information

Full Legal Name: **Date of Birth:**

Address:

Email: **Phone:**

City / Province / Country:

SECTION 2 – ACCOMMODATION SELECTION

Please select one accommodation option. All prices are per person, inclusive of accommodation, meals, and program facilitation.

- Shared Room (4 people) – \$1,200 CAD**
- Shared Room (2 people) – \$1,500 CAD**
- Private Room – \$1,800 CAD (limited availability)**

Room assignments are made to support rest, safety, and the retreat environment.

SECTION 3 – MEALS & DIETARY CONSIDERATIONS

Do you have any dietary needs, allergies, or special meal requests? (Examples: vegetarian, vegan, gluten-free, nut allergy, shellfish allergy, etc.)

- No**
- Yes – please specify clearly:**

We will do our best to accommodate dietary needs and serious allergies when informed in advance.

SECTION 4 – BODY & WELL-BEING AWARENESS

(For support and responsibility – not evaluation)

This retreat includes periods of sitting, gentle movement, quiet reflection, and group presence.

Is there anything related to your physical, emotional, or mental well-being that would be helpful for us to know in order to support you responsibly? (Examples: chronic pain, recent injury, anxiety under stress, sensitivity to silence, medical conditions, etc.)

- No**
- Yes – please specify clearly:**

SECTION 5 – READINESS & LEARNING ATTITUDE

Please answer honestly and briefly. There are no “right” answers.

1. What brings you to this retreat at this time in your life?

2. How would you describe your current pace of life or internal state?

3. This retreat emphasizes slowing down, nervous-system regulation, and observation – rather than emotional release, therapy, or motivation. Does this align with what you are seeking?

- Yes
- Unsure, but open
- No

4. Are you willing to participate without pressure to share personal stories, explain yourself, or perform emotionally?

- Yes
- Unsure
- No

5. When discomfort, resistance, or uncertainty arises, are you willing to observe it rather than immediately trying to fix or avoid it?

- Yes
- Unsure
- No

SECTION 6 – IMPORTANT UNDERSTANDINGS & AGREEMENTS

Please read carefully and acknowledge each statement.

- I understand this retreat is not therapy and does not replace medical or psychological treatment.
- I understand this is a 3 days / 2 nights residential retreat and requires full participation.
- I understand participation is voluntary and I may step out of activities as needed.
- I understand that submitting this application does not guarantee acceptance.
- I understand that once accepted, full payment is required to confirm my place.
- I agree to respect confidentiality, group boundaries, and the retreat container held by The Elite Squad.

SECTION 7 – EMERGENCY CONTACT

Emergency Contact Name:

Relationship:

Phone Number:

SECTION 8 – FINAL NOTE (OPTIONAL)

Is there anything else you feel would be important for us to know as we prepare to hold this retreat responsibly?

SECTION 8 – FINAL NOTE (OPTIONAL)

Please read carefully before signing.

By signing below, I confirm that:

- I have read and understood the L1 Retreat Application Form and the Payment, Refund & Cancellation Policy provided by The Elite Squad.
- I understand that this retreat is not therapy and does not replace medical, psychological, or psychiatric treatment.
- I understand that participation is voluntary, and I am responsible for my own physical, emotional, and mental well-being during the retreat.
- I understand that The Elite Squad reserves the right to maintain the safety and integrity of the retreat, including asking a participant to pause or step out of activities if necessary.
- I understand and agree to the refund, cancellation, and transfer policies as stated.

PARTICIPANT DECLARATION

I confirm that the information provided in this application is accurate to the best of my knowledge, and I agree to participate in the L1 Retreat held by The Elite Squad under the terms described above.

Full Name (Typed):

Signature:

Date:

(Typing your name and submitting this form constitutes an electronic signature.)

***This retreat values readiness, responsibility, and dignity.
Thoughtful application is part of the practice.***

The Elite Squad

Payment, Refund & Cancellation Policy

1. CONFIRMATION & PAYMENT

- Submission of the application form does not guarantee acceptance.
- Once accepted, participants will receive a payment link and confirmation email from The Elite Squad.
- A place in the retreat is confirmed only after full payment is received.
- Payment confirms your agreement with all retreat policies and participation requirements set by The Elite Squad.

This retreat is intentionally small and carefully held.
Your payment secures accommodation, meals, and facilitation reserved specifically for you.

2. PRICING SUMMARY (PER PERSON)

- Shared Room (4 people): \$1,200 CAD
- Shared Room (2 people): \$1,500 CAD
- Private Room: \$1,800 CAD (limited availability)

All fees include:

- Accommodation (3 days / 2 nights)
- Meals during the retreat
- Program facilitation and materials by The Elite Squad

Travel to and from the retreat location is not included.

3. REFUND POLICY

Because accommodation, venue, and meals are prepaid in advance, refunds are limited.

Cancellations by Participant

- **On or before March 15, 2026**
→ 75% refund of the retreat fee
(25% retained for administrative and booking costs)
- **March 16 – April 5, 2026**
→ 50% refund of the retreat fee
- **After April 5, 2026**
→ No refunds available

These timelines reflect non-recoverable commitments made by The Elite Squad to venues and service providers.

4. TRANSFER OPTION (WHEN POSSIBLE)

- If you are unable to attend, you may request to transfer your spot to another person.
- All transfers must be reviewed and approved by The Elite Squad.
- The replacement participant must:
 - Complete the application form
 - Be accepted as a suitable fit for the retreat
- Transfers are subject to availability and timing.

5. EARLY DEPARTURE / NO-SHOW

No refunds will be issued for:

- Early departure
- Late arrival
- No-shows

Full participation is part of the retreat container and learning process.

6. CANCELLATION BY THE ELITE SQUAD

In the unlikely event that the retreat must be cancelled by The Elite Squad due to unforeseen circumstances:

- Participants will receive a full refund of all retreat fees paid, or
- The option to transfer payment to a future retreat offered by The Elite Squad

The Elite Squad is not responsible for travel-related expenses.

7. HEALTH, RESPONSIBILITY & CONSENT

By completing payment, participants acknowledge that:

- This retreat is not therapy and does not replace medical or psychological care
- Participation is voluntary at all times
- Participants are responsible for their own physical and emotional well-being
- The facilitation team of The Elite Squad may request a participant to pause or step out of activities if needed for safety and group integrity

This is done with care and respect for all involved.

8. FINAL NOTE ON COMMITMENT

This retreat values:

- Readiness
- Responsibility
- Mutual respect

**Payment is not just a transaction,
it is a commitment to show up fully and responsibly for the experience held by The Elite Squad.**