

Tune in and Commune: FAQ

When / Where

- 1) What are the dates of this workshop?
December 4-8, 2023
- 2) What time does it start and end?
The retreat starts on **Monday (12-4-23) morning at 9am** and ends on **Friday (12-8-23) afternoon at 5pm.**
- 3) Where will the workshop take place?
The workshop will take place at the **Kalani Retreat Center** on route 137, northeast of Kalapana. This is on the **Big Island of Hawaii**. The **closest airport is in Hilo**, Hawaii, 34 miles from Kalani.
- 4) Is there lodging available at Kalani for participants?
Yes, there are several different options of simplicity/comfort available at the Kalani Retreat Center. Let Sonja know if you are interested and she may be able to help you get a reduced rate.
- 5) How do I sign up for this training?
Please contact Sonja at sonjaglad1@gmail.com

Price

- 6) What is the cost of the retreat?
The **early registration** cost of the retreat is **\$1499US** per person if paid in full by August 15, 2023. **The standard cost is \$1799US.**
- 7) Is there a deposit?
Yes. A \$499 non-refundable deposit reserves your spot. Space is limited so **contact Sonja at sonjaglad1@gmail.com now.**
- 8) Is the deposit refundable?
No, the deposit is non-refundable. The exception is in the event the host cancels the retreat, the deposit and all moneys paid will be refunded.

- 9) Is there a payment plan option?
Yes. The \$499 non-refundable deposit reserves your spot. You can then make 2 further payments to pay off the balance. If the balance is paid in full by August 15, 2023, the payments will each be \$500. If the balance is paid off between August 16, 2023 and November 4, 2023, the payments will be \$650 each. All payments must be completed by November 4, 2023. Contact Sonja at sonjaglad1@gmail.com to make arrangements.

Organization (lodging, transportation, meals)

- 10) Is lodging included in the cost of the training?
No, lodging is not included. Contact Sonja at sonjaglad1@gmail.com for ideas on lodging options.
- 11) Is transportation included in the cost of the training?
No, transportation is not included. Contact Sonja at sonjaglad1@gmail.com for ideas on transportation options.
- 12) Are transportation and entrance fees to Volcano National Park included in the cost of the retreat?
Yes, transportation and entrance fees are included in the cost of the retreat.
- 13) Are meals included in the retreat fee?
Yes, a light lunch and dinner are included. Breakfast is on your own. Coffee, tea and filtered water will be provided throughout the day. Most lodging options in the area will have a fridge and microwave and/or stove. Two grocery stores are located in Pahoa, about a 20 minute drive from the retreat center.
- 14) I have special dietary needs. Will I be able to eat the provided meals?
Yes. We have hired a caterer who is familiar with making adjustments to meet most special dietary needs. There may be a small surcharge to accommodate special dietary needs

Course

- 15) What's the difference between a workshop, a training, and a retreat?
We are using these words interchangeably ;)

- 16) Will I get continuing education credits?
No. We do not offer CEUs.
- 17) Is there a Facebook group I can join?
Yes. Once you have made your deposit, you will be invited to join the Tune in and Commune Facebook group.
- 18) What is a medium?
A person who is able to make contact with the spirits.
- 19) Will I be a medium after this training?
Daniela believes you already are a medium. This training will make you a “better” instrument for the spirit world.
- 20) I’m a beginner. Can I join?
Yes. This course is for everyone.
- 21) I have advanced training as a medium. Can I join?
Yes. This course is for everyone!
- 22) Will there be time for questions?
Yes. There be time for questions and sharing your experiences.
- 23) I’ve lost a loved one and want to communicate with them. Will I be able to do this?
Yes. You will learn how to use your clair senses. However, it might be easier for you to contact your loved one through your training partner.
- 24) What is Shamanic Breathwork™?
Shamanic Breathwork™ is a therapeutic technique that uses a specific way of breathing, Chakra evocative music, and intention to help people connect with their highest selves. Learn more at <https://www.shamanicbreathwork.org>
- 25) What is SoulCollage™?
SoulCollage™ is an intuitive process of creating a collage. Learn more at <https://soulcollage.com>.
- 26) Can I arrange to have a private session with Daniela after the

training?

Yes. You can contact Daniela through her website at <https://www.swiss-medium-daniela.com>.

Other / cancellation policy

- 27) What if something comes up and I can't make it?
If the participant cancels before November 4, 2023, the participant will be refunded all money paid minus the \$499 deposit. No refunds will be issued after November 4, 2023.
- 28) What if the host cancels the retreat?
The participant will be refunded all moneys paid including the \$499 deposit.
- 29) Should I get traveler's insurance?
We highly recommend you purchase traveler's insurance.
- 30) What if I want more information about this retreat?
Please contact Sonja at sonjaglad1@gmail.com or visit her website at www.sonjaglad.com.



