



The Art of Sacred Selfishness

Frequently Asked Questions

Application Process

- **How can I apply for the retreat?**
 - Online using our form.
 - **What information do I need to provide in my application?**
 - Information about who you are and your background, it can take up to 15 minutes.
 - **When is the application deadline?**
 - Full moon, January 13th 2025
 - **What happens after I submit my application?**
 - You will pay the non-refundable application fee of \$50, which will be applied to your retreat balance.
 - **Is there a selection process, and how will I know if I'm accepted?**
 - Yes, there is a selection process and you will be informed if you are accepted into the retreat by February 8.
 - **Are there any payment plans or deposits required to secure my spot?**
 - Yes, there is a \$500 required deposit to secure your spot. Payment plans can be arranged directly with the organizers. Balance must be paid in full by March 5, 2025.
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Investment and Inclusions

- **What is the total cost of the retreat?**
 - The retreat costs \$5,200, including all deposits and fees.
- **What does the cost of the retreat cover?**
 - *Accommodations*
 - Room and board
 - Housekeeping Services
 - *Meals*
 - On-Site Chef
 - Three meals a day with snacks
 - *Retreat activities and materials*
 - Self-Love and Healing Work Journal

- The Grand Celebration: Unveiling Your RAW Life
 - Bespoke Sipping and Smoking Herbal Blends
 - Altar Call Swag Bag (includes personalized crystals, candles, and incense)
 - *Adventure and Relaxation*
 - *Healing Cultural Exchange*
 - *Airport Transfer to and from retreat*
 - *Transportation during retreat*
- **What additional costs should participants anticipate (e.g., airfare, travel insurance, tips, or optional excursions)?**
 - Airfare, tips, travel insurance
- **Are refunds or cancellations allowed? If so, what is the policy?**
 - **Cancellations by Participants**
 - **Non-Refundable Deposit:** A deposit of \$500 is required to secure your spot upon acceptance into the retreat. This deposit is non-refundable.
 - **Refund Timeline:**
 - **Cancellation Before Retreat Start (by February 14, 2025):** 50% refund of payments made, excluding initial \$500 deposit.
 - **Cancellation Less than 60 Days Before Retreat Start (on or after February 15, 2025):** No refund available.
 - **Travel Insurance:** We strongly recommend purchasing travel insurance that includes trip cancellation coverage. This will help protect your investment in case of unforeseen circumstances.
 - **Cancellations by Organizers**
 - In the unlikely event that the retreat is canceled due to unforeseen circumstances, you will receive a full refund of all payments made, excluding the initial \$500 deposit. The organizers are not responsible for any additional costs incurred, such as airfare or travel insurance.

Agenda and Experience

The days are designed to provide space for relaxation, rest, and reinvigoration. Ease is a priority and each day begins around 10 am to ensure people have enough time to flow into the day.

- **What is the daily schedule like?**
 - Each day begins with grounding and meditation and ends the same way.
 - There is a light schedule so that participants can engage in the space, healing modalities and the healing essence Jamaica has to offer.
- **What activities and sessions can participants expect?**
 - This retreat is grounded in people choosing how they relax, rest, and selfishly engage with their needs while being in community. There will be opportunities for participants to engage in rich Jamaican culture when we experience healing art, dance, and music. There will be plenty of free time to get a massage, engage in sound baths with meditation, and intro-spection sessions with BMoRaw.

- **Are there opportunities for personal downtime or exploration?**
 - Yes there are opportunities sprinkled throughout the day to provide people with time to themselves. We are partnering with local travel companies to provide transportation for experiences to learn and engage in Jamaican culture.
 - **Will there be 1:1 sessions or personalized guidance from the facilitators?**
 - Yes, there will be one-on-one personalized guidance from Brandis and Fatima with each attendee for thirty minutes throughout the retreat. Participants will be invited to sign up for a time to connect with either Brandis or Fatima prior to arriving at the venue.
 - **What are the themes or intentions behind each day's programming?**
 - New Year, New You. This retreat is happening during the Spring Equinox to ensure that we are aligning with nature when engaging in ideologies that might be new during the Art of Sacred Selfishness. Each day was curated to invite participants to engage in guided self-introspection with ease and pleasure.
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Logistics and Preparations

- **Where in Jamaica will the retreat take place?**
 - We will be at The Santosha Villa, a private manor in Whitehouse, JA.
- **What type of accommodations are provided?**
 - Food, lodging, and travel to and from the airport and throughout the retreat are covered in the costs. Participants are responsible for their flight. Each participant will have their own room with their own bathroom, and will share common areas.
- **Do I need to bring anything specific for the retreat (e.g., clothing, journals, yoga mats)?**
 - You're invited to bring the following:
 - clothes that are breathable, comfortable, and can move with your body.
 - Yoga mat, cloth, and/or something you feel comfortable laying on or sitting down on the floor.
 - A water bottle
 - Sun screen
 - Mosquito Repellant
 - Comfortable Shoes
 - An outfit that embodies celebration
- **Will I need a passport or visa to attend?**
 - Yes
- **Is the retreat location accessible for people with physical limitations or dietary needs?**
 - Yes, the location comes with a private chef that will tailor all meals to various dietary needs and the space is accessible for people with physical limitations.
- **What safety protocols will be in place (e.g., health precautions, emergency contacts)?**

- All participants will be asked for emergency contact information, and are invited to check in with their medical insurance company to learn about coverage in Jamaica. There will be someone onsite and/or accessible in case of an emergency.
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Other Pertinent Information

- **Why does the retreat have limited participants? How does this enhance the experience?**
 - We want to ensure everyone gets an opportunity to have space to do a deep dive on who they are and what they want without distractions. Having a limited numbers of participants allows for less distractions and ensures that facilitators have an opportunity to engage with everyone in a manner that will aid them on integrating what they've learned.
- **Who are the facilitators, and what can we learn from them during the retreat?**
 - This retreat combines the powerful guidance of two uniquely transformational leaders:
 - **Personalized Guidance from Brandis M. Rawls of BMoRaw**
Brandis brings her RAW-ims philosophy to life during retreat, particularly the RAW-ism “Selfishness is Your Sacred Responsibility”, sharing her unique approach and practices of self-expression, empowerment, and joyful selfishness.
 - **Healing Work with Fatima Mann of Love and Healing Work**
As a healer and change-maker, Fatima provides insights and practices that open pathways to healing and self-acceptance, teaching you to live with more love and mindfulness.

Both Brandis & Fatima are skilled speakers, healers, and transformation guides, each offering profound wisdom and support. This retreat creates a rare opportunity to bring their individually unique teachings together in a small, immersive setting.

- **What is the overall goal or outcome for participants by the end of the retreat?**
 - ***Reduced Guilt & Shame of Selfishness***
Learn to honor your needs without apology, recognizing that self-prioritization is both necessary and healing.
 - ***Tools for Practicing Sacred Selfishness Without Harm***
Discover practical strategies to center yourself in a way that strengthens, rather than detracts from, relationships with others.
 - ***A Customized Experience for Self-Care & Self-Discovery***
Every element of this retreat is designed to create space for *you*—helping you step back into your life recharged and aligned with what truly matters to you.

- ***Increased Serenity & Self-Acceptance***
Gain a deeper understanding and acceptance that you control nothing but yourself, and that you *can* cultivate peace within any situation and reclaim your sense of being.
- **Will there be any follow-up support or resources available after the retreat?**
 - Yes, following the retreat there will be a virtual check-in for all participants and a one-on-one with facilitators to check on one's progress of embodying their Sacred Selfishness. We also encourage the participants to be continued support for each other and will determine as a group how to keep in touch with each other.

If you have any further questions, please don't hesitate to contact us. We look forward to welcoming you to The Art of Sacred Selfishness.