Hawk Circle
PO Box 506
219 Hawk Circle Lane
Cherry Valley, NY 13320
hawkcircleoffice@gmail.com
607-264-3910

Hawk Circle Contacts:
Trista Haggerty
Ricardo Sierra

Forest Retreat Planning Questionnaire

General Information

Contact Info

Name :

Address :

Phone :

Email :

Other facilitators

Name :

Name :

Name :

TELL US ABOUT YOUR RETREAT

Retreat Information

What is the focus of your retreat?

What is your preferred time of year/month for your retreat?

How many days is your ideal retreat?

Who many participants are you expecting? Including yourself and other facilitators.

Tell us more about how we can support you hosting your best retreat yet!

We offer organic, healthy, home-made meals

We cater to most all food allergies and sensitivities

Would you like us to take care of meals?

- [ ] Yes! All meals
- [ ] Yes, but not all
- [ ] Yes, just breakfast please
- [ ] No, thank you
- [ ] No, but do you have a communal kitchen we could use?

If you checked yes to any of the above, can you tell us more about what you'd like in regards to a menu?

Are you interested in any of our healing services for your guests?

- [ ] Aromatherapy Session
- [ ] Massage Therapy
- [ ] Meditation
- [ ] Yoga

Are you interested in any of our "Maker" classes?

- [ ] Herbal Remedies
- [ ] Sacred Anointing Oil
- [ ] Soul Art
- [ ] Other

Our Healing Services:
Trista, founding director of the Forest Retreats, has been guiding people on their healing journey and path to wholeness for over 30 years. She is a certified aromatherapist and herbalist, as well as trained in both shamanism and transcutaneous acupuncture. Our massage therapist is Renata Hickey, who has offered therapeutic massage for over 25 years.

Exploring the Leatherstocking Region

Transportation Service

Would you like us to arrange round-trip transportation for your group from the Albany Airport or Train Station?

- ☐ Yes, please!
- ☐ No, I'll take care of it.

Local Discoveries

Are you interested in local activities for your group?

- ☐ Museums
- ☐ Boat Ride on Lake Otsego
- ☐ Brewery Tour
- ☐ Shopping
- ☐ Council Rock
- ☐ No thank you!

Additional Comments

Please provide any additional information or comments below.

Retreat Registration

Please submit this from and based on your answers, we will send you a quote. If you'd like to schedule a call with Trista to discuss your plans, please let us know. We're happy to accommodate you.

We require a 20%, non-refundable deposit to reserve your retreat.