



# nOMad's Retreat Seeker's Trust Checklist

What to Look for Before Booking Your Retreat

Welcome, Retreat Seeker 🌿

You're here because you're craving something more—deeper connection, rest, healing, or transformation. Whatever's calling you, it's worth answering with clarity and intention.

This **Retreat Seeker's Trust Checklist** was created to help you confidently choose a retreat that's aligned with your heart, values, and vision. Before you invest your time, energy, and resources, use this guide to make sure it's the right fit—for your safety, your growth, and your peace of mind.

Trust your journey. You deserve an experience that truly supports it. ✨

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## 1. Clarity of Vision & Purpose

- Does the retreat clearly state its theme, focus, and intention (e.g. healing, adventure, creativity, rest)
- Do you resonate with the purpose and feel excited about the transformation it offers?

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## 2. Alignment With the Host / Guide

- Does the retreat leader share their story, experience, and values openly?
- Do you feel a sense of *know, like, and trust* with them (through testimonials, videos, or calls)
- Have you seen authentic reviews from past participants?

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## 3. Safety & Logistics

- Is the location safe and accessible?
- Do they provide details on accommodations, meals, and transportation?
- Is there clear communication about policies (cancellations, refunds, emergencies)?

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## 4. Community & Connection

- Is there information on the group size and type of participants they typically attract?
  - Do you feel the container will be inclusive, supportive, and aligned with your values?
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## 5. Value & Investment

- Does the retreat price feel transparent—what's included and what's not?
  - Are there clear payment plans or options?
  - Do you feel the transformation and experience are worth the investment?
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## 6. Integration Support

- Is there guidance or support offered after the retreat (calls, community, resources)?
  - Do you trust that you won't just "drop back into life" without integration?
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## 7. Gut Check ✨

- Does your body feel a "yes" when you imagine yourself there?
- Does the retreat feel like the right fit for *where you are right now* in your journey?



# Feeling The Call?

Travel The World & Explore Within By Joining Our  
Next nOMad Retreat!

If this checklist helped you get clearer on what  
you're looking for... **trust that clarity.**

Whether you're ready to take the leap or just exploring what's possible, we  
invite you to explore upcoming retreats hosted by The nOMad Collective and  
our trusted nOMad Guides.

[VIEW UPCOMING RETREATS HERE!](#)