

Champagne
RETREAT 2026
Micote

**RETREAT
Q&A GUIDE**

RETREAT Q&A GUIDE

This Retreat Q&A Guide includes the essential details to support a smooth, stress-free, and transformative experience. Inside, you'll find answers to common questions about accommodations, travel, payments, dress code, what to pack, and more—so you can focus on what truly matters: **Relax, Receive, and Manifest Your Best Season.**

If you have additional questions, feel free to reach out at coaching@m-nicole.com. We can't wait to welcome you to this unforgettable experience!

This residency is intentionally limited to preserve the intimacy, privacy, and elevated quality of the experience.

WELCOME TO THE RESIDENCY

WHAT IS THE CHAMPAGNE RETREAT?

The Champagne Retreat is a Luxury Women's Residency Retreat curated by Spiritual Life Coach Monique Nicole (M. Nicole), thoughtfully designed to support deep restoration, intentional alignment, and elevated expansion through refined coaching, restorative self-care, and immersive experiences.

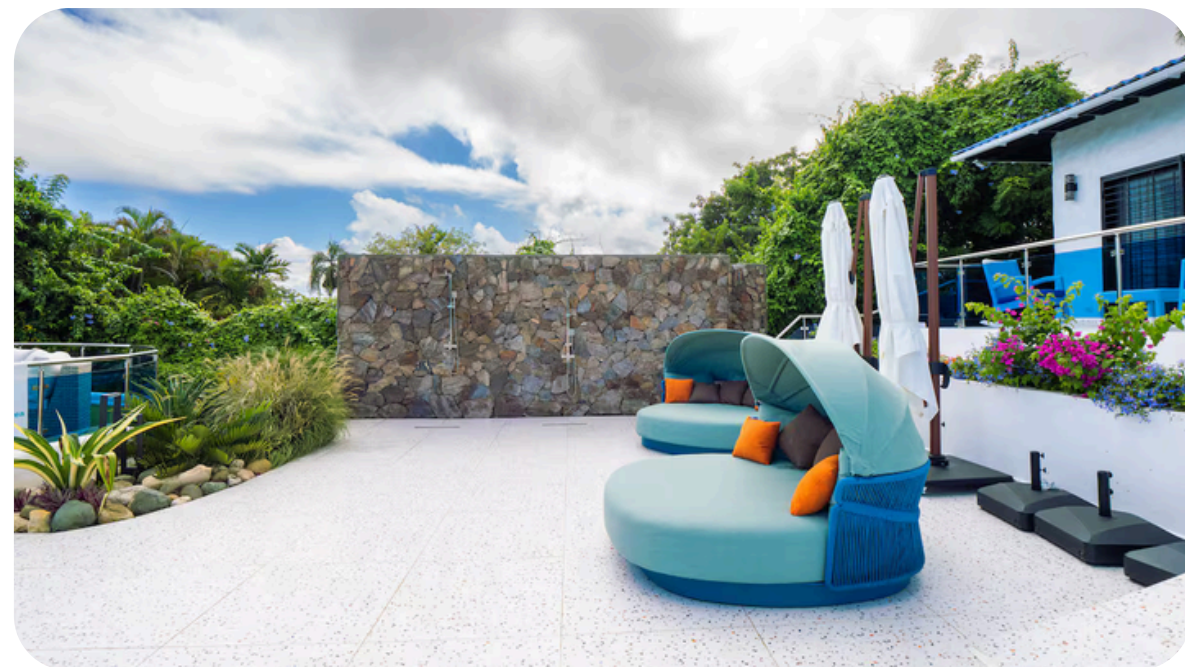




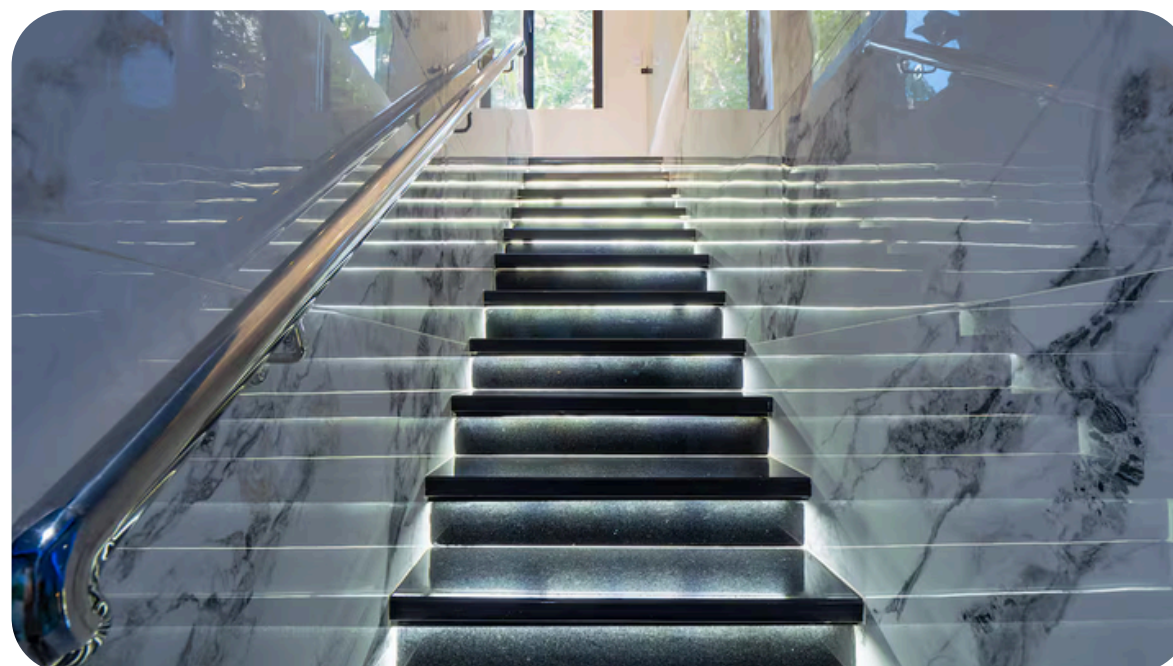
RETREAT BENEFITS

1. Step away from the demands of daily life and fully restore
2. Reconnect with nature in a setting designed for renewal
3. Release outdated patterns and create space for expansion
4. Cultivate meaningful connection with accomplished women
5. Experience transformation that continues long after departure
6. Enjoy seamless, stress-free planning from arrival to departure

THE 2026 RESIDENCY GALLERY



THE 2026 RESIDENCY GALLERY



WHAT'S INCLUDED?

- ✓ Luxury accommodations in a private retreat setting
- ✓ Gourmet, chef-prepared meals (meals + snacks)
- ✓ Manifestation workshops + group coaching
- ✓ Self-care + relaxation experiences (spa/wellness elements, meditations, mindfulness)
- ✓ Themed activities + community bonding
- ✓ Like-minded community of ambitious women
- ✓ Zen Wardrobe (Included): retreat t-shirt, kaftan, and loungewear
- ✓ Complimentary round-trip airport transfers (POP – Puerto Plata)
- ✓ The Champagne Signature Welcome Collection (delivered prior to residency)

VIP RESIDENCY EXPERIENCE PERKS (VIP residents only)

🔥 Early arrival on Wednesday, September 16, 2026 (extra night to settle in)

📦 Exclusive VIP gift box

🍷 VIP Champagne & Vision Experience (Wednesday)

👕 VIP cozy robe



TRAVEL INSURANCE



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Travel insurance is required for all attendees and must be purchased within 10 calendar days of your first retreat payment.

Required purchase link:

<https://www.squaremouth.com/?aid=23899>

Minimum Coverage Requirements (International):

- Trip Cancellation: 100% of insured trip cost
- Trip Interruption: 150% of insured trip cost
- Emergency Medical: \$50,000+ (higher recommended)
- Medical Evacuation/Repatriation: \$250,000+ (higher recommended)
- Travel Delay + Baggage/Loss coverage

Estimated cost: \$100–\$220 per person (varies by age, state, trip cost, and selected coverage/add-ons)

Proof required: Email your policy confirmation/declarations page to coaching@m-nicole.com within 10 calendar days of your first retreat payment.

TRAVEL INSURANCE



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CFAR + Recommended Provider + How To Choose OPTIONAL ADD-ON (RECOMMENDED): CFAR

For additional flexibility, we strongly recommend adding Cancel For Any Reason (CFAR) if available.

CFAR costs extra and typically reimburses a portion of your nonrefundable trip costs if you cancel for reasons not covered under standard Trip Cancellation. (Terms, deadlines, and reimbursement vary by policy.)

RECOMMENDED PROVIDER (OPTIONAL)

We recommend Seven Corners Travel Insurance, but you may select any plan through the Squemomouth portal that meets the minimum requirements.

BEFORE YOU BUY

We encourage you to read reviews on Trustpilot and online, and review your plan's benefits, exclusions, deadlines, and claim requirements before purchasing.

TRAVEL INSURANCE

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Nicole

Q: Do I really have to buy travel insurance?

A: Yes. Travel insurance is required to attend and must be purchased within 10 calendar days of your first retreat payment through our Squaremouth portal: <https://www.squaremouth.com/?aid=23899>. Proof must be emailed to coaching@m-nicole.com within 10 calendar days. We recommend selecting a plan that includes Trip Cancellation/Interruption, Medical, Medical Evacuation/Repatriation, Travel Delay, and Baggage coverage. CFAR is optional but strongly recommended for added flexibility.

Estimated cost: \$100–\$220 per person (varies by age, state, trip cost, and selected coverage/add-ons)

Why did you choose the Dominican Republic?

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Nicole

Before I share why the Dominican Republic, I want to name the word that's been covering this retreat: Veritas or Truth. It's a motto in the Dominican tradition, and it captures what this experience is about coming back to what's true about you, about God, and about this season. The Dominican Republic felt aligned with that return: a setting that supports rest, reflection, and renewal through ocean, nature, and an elevated pace. We are moving in faith, not fear and we're also moving with wisdom. Travel guidance will be shared in our private community so you feel supported every step of the way.

Q&A

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WHEN AND WHERE IS THE RETREAT?

- 📍 Sosúa, Dominican Republic
- ✨ **VIP Residency Experience:** Wednesday, September 16 – Monday, September 21, 2026
- ✨ **Signature Residency:** Thursday, September 17 – Monday, September 21, 2026
- ✈️ **Airport:** Fly into POP (Puerto Plata | Gregorio Luperón International Airport)
JetBlue and American Airlines both service this airport.
Round-trip ground transportation from POP to the luxury compound is included.

WHY Sosúa, Dominican Republic?

Sosúa offers a vibrant blend of beauty, warmth, and restoration, making it an ideal setting for relaxation, renewal, and vision expansion. This retreat is designed to help you disconnect from noise and reconnect with yourself, so you can return home clear, aligned, and renewed.

ACCOMMODATIONS



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Miele

What amenities does the luxury estate include?

The estate spans over 15,000 square feet and is reserved exclusively for our residency.

Highlights include:

- 13 bedrooms (main house + private luxury suites)
- 14.5 spa-style bathrooms
- Infinity pool + hot tub (24/7 access)
- Full private spa + steam room
- Private gym + lounge with billiards
- Two kitchens + two outdoor bars
- Ocean & mountain views
- Daily maid service + 24/7 security
- High-speed property-wide WiFi

A fully private, resort-style sanctuary designed for restoration and elevated living.

ACCOMMODATIONS

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Nicole

Will I have my own room?

No. Residencies are designed as shared accommodations to foster connection and meaningful community. Roommate pairings will be shared during the Pep Rally or pre-retreat communication. If you have a specific roommate request, please email us coaching@m-nicole.com.

What if I want to arrive early or stay longer?

Early arrival is included solely with the VIP Residency Experience. Guests who desire to extend their time beyond the official retreat dates are welcome to make independent arrangements at their own expense outside of the retreat property.

DRESS CODE + ZEN WARDROBE



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What is the dress code?

Activities will have themed attire, and your registration includes a Zen Wardrobe with three exclusive retreat pieces: Retreat t-shirt, Kaftan, and Loungewear. More details will be shared closer to the event.

What should I pack?

Bring your Zen Wardrobe, swimsuits, PJs, slippers, loungewear, and attire for the retreat's signature look for Champagne Dinner, plus your most open heart and positive energy for a powerful experience.

When will I receive my Zen Wardrobe & retreat details?

Confirmed residents will have their full itinerary, Pep Rally, Zen Wardrobe, and The Champagne Signature Welcome Collection scheduled at least 60 days prior to the residency.

EMERGENCY CONTACT + ON-SITE SUPPORT

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Champagne
Middle

Do I need to provide an emergency contact?

Yes. All attendees must provide an emergency contact prior to arrival. Details will be shared closer to the retreat.

Who can I contact for assistance during the retreat?

A designated retreat team lead will be available on-site for questions or concerns. More details will be provided upon arrival.

WEATHER + WIFI



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What's the weather like, and what shoes should I pack?

Expect warm weather. Pack breathable outfits and comfortable walking shoes/sandals for excursions, plus slippers/cozy socks for indoor comfort. (We'll share exact recommendations closer to travel.)

Will there be WiFi?

Yes, WiFi will be available; however, we encourage you to disconnect as much as possible and be fully present.

ALCOHOL, SMOKING & QUIET HOURS

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Champagne
Vision

Is alcohol included?

Alcohol is included during select curated experiences, including the Champagne & Vision Experience.

Can I smoke?

No. This is a smoke-free retreat. Smoking is not permitted.

Are there quiet hours?

Yes. To respect the retreat environment, we observe outdoor quiet hours after 10 PM.

TRAVEL & LOGISTICS

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Is transportation included?

Air travel is not included. Guests will arrange their own flights, and complimentary round-trip airport transfers to and from the luxury villa are included.

What are check-in and check-out times?

🕒 VIP Check-In: Wednesday, September 16, 2026 — 12:00 PM

🕒 Signature Check-In: Thursday, September 17, 2026 — Flexible Anytime after 9:00 AM

✈️ Check-Out: Monday, September 21, 2026 — 9:00 AM

PAYMENT & REGISTRATION



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Are payments refundable?

No. All retreat payments are non-refundable. Transfer requests may be considered at the host's discretion. Any credit/transfer issued may reduce or eliminate travel insurance reimbursement.

Can I upgrade from Signature to VIP later?

Yes. You may upgrade to VIP at any time before the final payment deadline by paying the difference (if space is available).

What happens if I register later in the year?

If you register later in the year, your payment plan schedule will be adjusted according to the time remaining before the final payment deadline. Rates are subject to change at any time and are secured upon registration.

PAYMENT & REGISTRATION



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Final Payment Deadline Reminder

All payments must be completed by August 1, 2026. Your residency is secured upon receipt of your initial payment. All payments are non-refundable but transferable, and final balances must be paid in full by August 1, 2026.

Additional Costs

Your residency investment is all-inclusive. Any services or activities outside of the scheduled retreat itinerary are at your own expense. **Please note: massages are not included in the retreat residency price.** We also recommend bringing cash for tipping service providers, as applicable.

Is this retreat open to men or partners?

No. This is an exclusive women-only residency designed to cultivate connection, privacy, and meaningful community among women.

CONTACT & REGISTRATION INFO

Who should I contact if I have more questions?

Email: coaching@m-nicole.com

Where can I register?

Register and choose your payment plan at: www.m-nicole.com



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**“GIVE YOURSELF
PERMISSION TO PAUSE,
ALIGN, AND MANIFEST
THE LIFE YOU DESIRE.”**

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