

ALEX FRANZEN, LINDSEY SMITH, AND GET IT DONE PRESENT

THE Unplug RETREAT



**Retreat Information
and Registration**

Click to jump ahead to the section you want to see.

- * [What is The Unplug Retreat?](#)
- * [Where is it happening?](#)
- * [What are the dates?](#)
- * [How much is it—and what's included?](#)
- * [May I attend the retreat along with my partner, spouse, or someone else, like my mom, dad, or a friend? Can we share a bedroom?](#)
- * [Am I allowed to bring a phone, tablet, or laptop to the retreat? Or should I leave those at home?](#)
- * [I may want to work on a project during the retreat—like writing a novel, or something like that. Would that be okay?](#)
- * [How do I get to the retreat? Which airport should I fly into?](#)
- * [Who is producing this retreat?](#)
- * [What is the cancellation/refund policy?](#)
- * [Will I be required to wear a face mask at the retreat? What's the Covid-19 policy?](#)
- * [I am an introvert. Will this retreat include big crowds, loud music, or group activities that I'm required to participate in?](#)
- * [This looks incredible but the dates don't work for me. Will this retreat happen again next year?](#)
- * [I am self-employed. Would attending this retreat be considered a tax-deductible business expense?](#)
- * [Is this retreat for women only? Or, all genders?](#)
- * [What are my payment options? Can I pay a deposit now, and then pay the rest later?](#)
- * [I really want to come but I can't afford it. Do you have scholarships? Or, any other options for me?](#)
- * [I have another question that's not answered here.](#)
- * [I want to come! Where do I sign up?](#)

What is The Unplug Retreat?



The Unplug Retreat is a luxurious, all-inclusive experience at an award-winning resort located on 500 acres of picturesque forests and lakes.

Our Goal

With The Unplug Retreat, our goal is to help you:

- * Experience what it feels like to unplug from digital devices—perhaps for the first time in a very long time.
- * Develop mindful tech-habits (phone habits, email habits, and more) that you will bring back home once the retreat is over.
- * Reconnect with yourself and with people you love—writing letters and postcards, having deep conversations, remembering what it feels like to connect without screens.
- * Feel your absolute best. Revived. Recharged. Ready to go home and accomplish exciting goals.

Deluxe accommodation, all meals, all activities, welcome gift box, thoughtful touches before, during, and after the retreat—all included.

Just show up and every detail is handled for you.

Imagine...

- * A whole week with no social media, no email, no Zoom meetings, no digital screens, no devices (except for when you want to call your kids to say, "I love you."). A powerful reset for your nervous system.
- * Nutritious meals, deep sleep, fitness and yoga classes, pool with hydro massage waterfalls, jacuzzis, eucalyptus steam rooms, sauna—healthy activities to rinse all the pandemic stress out of your body.
- * Invigorating activities like hiking, archery, stand-up paddle-boarding, kayaking, painting, and a birdhouse-making class.
- * Golden autumn leaves, brisk air, and roasting s'mores around the fire pit under the stars.
- * Inspiring workshops and discussions on how to reduce screen time, create healthier tech habits, and lead a more balanced life once you're back home.
- * Free time to think, plan, walk, draw, or stare at the horizon and do literally nothing. (Because "nothing" might be the medicine that you need most.)
- * You will leave this retreat feeling like a brand new person—like you just shampooed your brain. Ahhhh.
- * You will go home feeling calm, focused, and invigorated. Clear mind. No mental clutter. Ready to recommit to your goals and get exciting things done.

Get ready to feel better than you've felt...in a long time.

We can't wait to take exquisite care of you.

Great Reasons to Come to The Unplug Retreat

- * You feel exhausted after getting through the pandemic. You want to get deep sleep, eat healthy food, move your body, and give yourself a big RESET.
- * You feel major tech-fatigue. You want to do a tech-detox—step away from email, log out of social media, and rinse out your brain.
- * You have a project you really want to work on—like writing a book—but it's hard to focus at home with all the distractions.
- * You'd love to go away and be in a peaceful, quiet environment where you can focus and get things done.
- * You are so bored of being at home and you're craving a beautiful trip!
- * You miss being with people face-to-face, having real conversations, having dinner with a nice tablecloth, being a human out in the world.
- * You want to celebrate a big milestone like your 40th birthday, an anniversary, or career change. This retreat could be a special gift to yourself.
- * You want to reconnect with your partner, spouse, or a family member like your mom, dad, sibling, or grown-up kid. You'd love to share this retreat with that special person. Quality time after a long, difficult pandemic year..

Where is it happening?

The Unplug Retreat is happening at The Lodge at Woodloch, an award-winning destination spa resort in Pennsylvania.

LOCATION

The Lodge at Woodloch is situated amidst 500 acres of picturesque woods and lakes in the Poconos.

Secluded and peaceful, while still conveniently located close to several major cities.

If you're in New York City, Philadelphia, Boston, Baltimore, or Washington D.C. and you have a car, you can drive to the Lodge in less than 2 to 5 hours.

Complimentary shuttle bus is available, too.

Go here to learn more about transportation options and getting to the retreat.

BEDROOMS

You will have a private bedroom and private bathroom all to yourself.

All guest rooms include:

- Private, spacious verandas with woodland lake or rock-garden waterfall views
- Refrigerator
- In-room safe
- Signature rosemary-mint bath amenities
- Plush robes and slippers
- Hair dryer
- Iron and ironing board
- Housekeeping service twice daily
- Complimentary morning paper
- Complimentary self-service laundry facility
- Down comforters
- Pillow menu
- Marble bathrooms with double granite sinks
- Oversized showers with hand-held showerheads



Activities

During The Unplug Retreat, you have access to more than 35 resort activities every day.

Whether you want to do a vigorous fitness class... wander a forest trail in silence...try a painting or cooking class...attend a panel discussion about technology and its role in our lives...or enjoy a beverage by the fire...there is something for everyone to enjoy.

Pick whatever activities call to you.

Or...do nothing at all and relax in your fluffy robe with a great book.



Resort Amenities

- Pool with hydromassage WaterWalls, indoor and outdoor whirlpools, steam rooms, saunas, and a state-of-the-art 3,000 square foot CardioWeight Studio
- Blackmore Farm, a garden and orchard where cooking classes are held
- Art classes including Acrylics on Canvas, Basic Decorative Hand Lettering, Pebble Art, and Birdhouse-making
- Outdoor adventures including archery, hatchet throwing, biking, fishing, tennis, and a 18-hole championship golf course
- Expert-led fitness classes including yoga, Pilates, and a variety of aquatic classes: Aqua Toning, Aqua Tabata, Aqua Jog, Aqua Zumba, and Splash Dance (Pole Dancing in the Water)



Resort Dining

Breakfast, lunch, and dinner are included daily.

Enjoy TREE Restaurant and Bar, where you will dine amongst the amongst the tree tops with glimpses of the glistening private lake.

Room service is available too.



SAMPLE DINNER MENU

Roasted Red Pepper & Spinach Flatbread (veg)

Blackmore Farm Spinach / Manchego / Jarlsberg / Aleppo Chili / Broccolini / Roasted Red Pepper / Saba / Extra Virgin Olive Oil

Fontina Black Garlic & Rosemary Stuffed Artichoke Hearts (veg)

Berigoule Sauce / Basil Panko Bread Crumb / Affialia Cress

* * *

Prime 10oz Southwest Style New York Strip Steak*

Roasted Poblano Sofrito / Lime & Cilantro Crème Fraiche / Queso Fresco / Fire-Roasted Pepper & Sweet Onion / Grilled Flour Tortilla / Black Bean Sweet Corn Relish

Porcini & Fennel Encrusted Ahi Tuna* (gf) (df)

White Bean Puree / Grilled Asparagus / French Baby Carrot / Roasted Shallots / Herb & Whole Grain Mustard Vinaigrette

Pan Seared Diver Sea Scallops* (gf) (df) (s)

Pea Puree / Lemon Foam / Basil Oil / Shaved Spring Vegetables / Nueske's Apple Wood Smoked Bacon Lardons Braised Greens

* * *

Opera Torte (gf) (n) (s)

Coffee Soaked Gluten-Free Almond Sponge Cake / Dark Chocolate Ganache / Coffee Buttercream / Vanilla Gelato

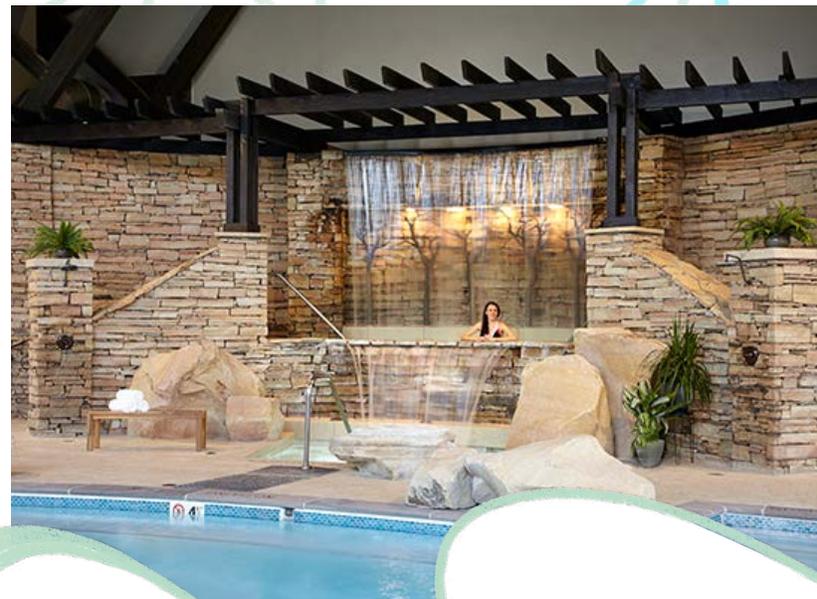
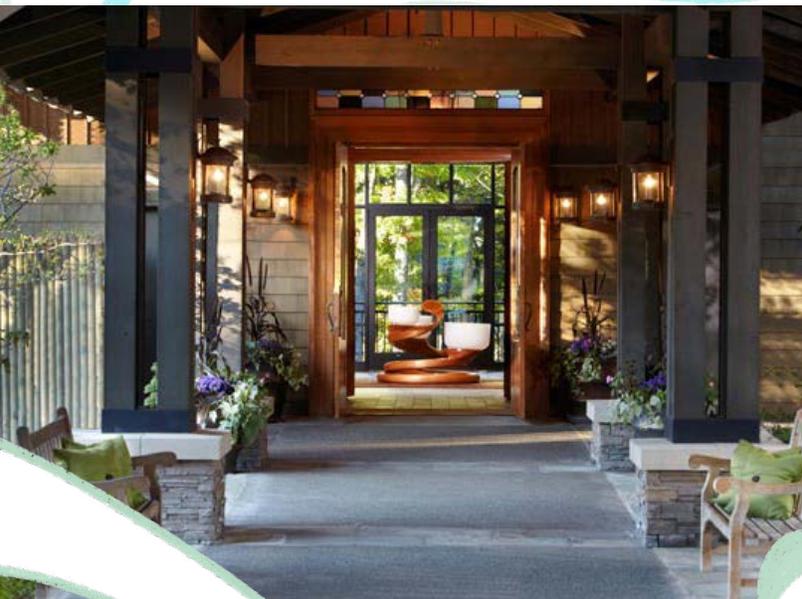
Vegan Mango Chia Seed Pudding (v) (n)

Vanilla Chia Seed Pudding / Mango Lime Compote / Vegan Shortbread Cookie / Toasted Coconut / Candied Pecans / Lime Mint Tequila Coulis / Mango Sorbet

Resort Awards

- AAA Four Diamond Award
- Best Wellness Resort - USA Today 10Best 2020 Readers' Choice Awards
- Best Romantic Hotel - USA Today 10Best 2020 Readers' Choice Awards
- Top 15 Domestic Destination Spas - Travel + Leisure 2020 Readers' Choice Awards
- Top 20 Destination Spa in the World - Condé Nast Traveler's 2019 Reader's Choice Awards
- Travelers' Choice Award - TripAdvisor

"The Lodge at Woodloch embraces a philosophy of personal awakening. As so many individuals get swept up in the whirlwind of life, our luxury Poconos resort gives you an opportunity to shift from your everyday routine and re-focus on yourself. You are able to reconnect to creative and stress-relieving outlets that will continue to benefit you long after you leave."



What are the dates?

The Unplug Retreat is happening
Sunday, October 24 - Friday, October 29, 2021
5 nights and 6 days.

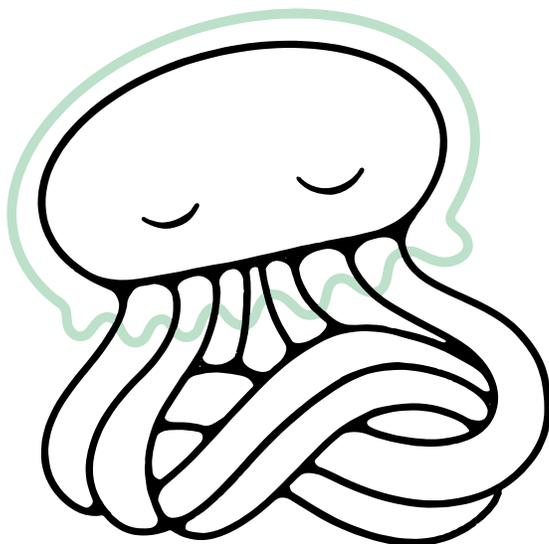
ARRIVAL AND DEPARTURE

Sunday, October 24

We recommend arriving between 4 pm and 6 pm if possible. Check into your room. Get a tour of the resort. Unpack. Shower. Soak in the jacuzzi. Unwind and settle in.

Friday, October 29, 2021

Check out time is 12 noon. If you want to leave your suitcase at the front desk and relax at the resort a bit longer, that's no problem. There's no need to rush out the door.



SAMPLE SCHEDULE

8-10 am. Breakfast is served.

Come by anytime.

10-11 am. Meditation and workshop time.

Bring your Unplug Retreat Workbook and a pen. Spend introspective time exploring questions about your priorities, your goals, and the role that technology plays in your life. How do you want things to shift once you're back home?

11 am-4 pm. Free time.

Enjoy the resort amenities. Take a painting class, hit the gym, soak in the jacuzzi, try archery, a cooking class, enjoy a picnic lunch, or anything else that feels exciting to you. Over 35 activities to choose from, daily.

4-5 pm. Connection time.

Write handwritten letters and postcards to people you love. Grab a deck of question cards and take turns asking and answering. Explore how it feels to connect, talk, and tell stories without any screens or devices.

5 pm-7pm. Dinner is served.

Enjoy a quiet meal alone, or dine with others if you're feeling social.

After 7pm. Wind down.

Gather around the fire pit for stories and s'mores. Take a quiet walk to admire the stars. Read or journal in bed. Cap off the night with a hot shower and then relax in your plush robe. Wake up tomorrow and do it all over again.

PRIOR TO THE RETREAT

We send you an Unplug Audio Course that you can listen to prior to the retreat.

This is a brief course (30 minutes) to help you set your intention for the retreat, explore your current tech habits, and decide what kinds of changes you'd like to make.

We also send you a list of recommended books to read—books to help you re-think how you want to live, work, and use technology.

DURING THE RETREAT

As soon as you step into your bedroom, you'll find the Unplug Retreat Welcome Box waiting on your bed with several gifts for you—the Unplug Retreat Workbook, pens, postcards, postage stamps, a silk sleeping mask, and more.

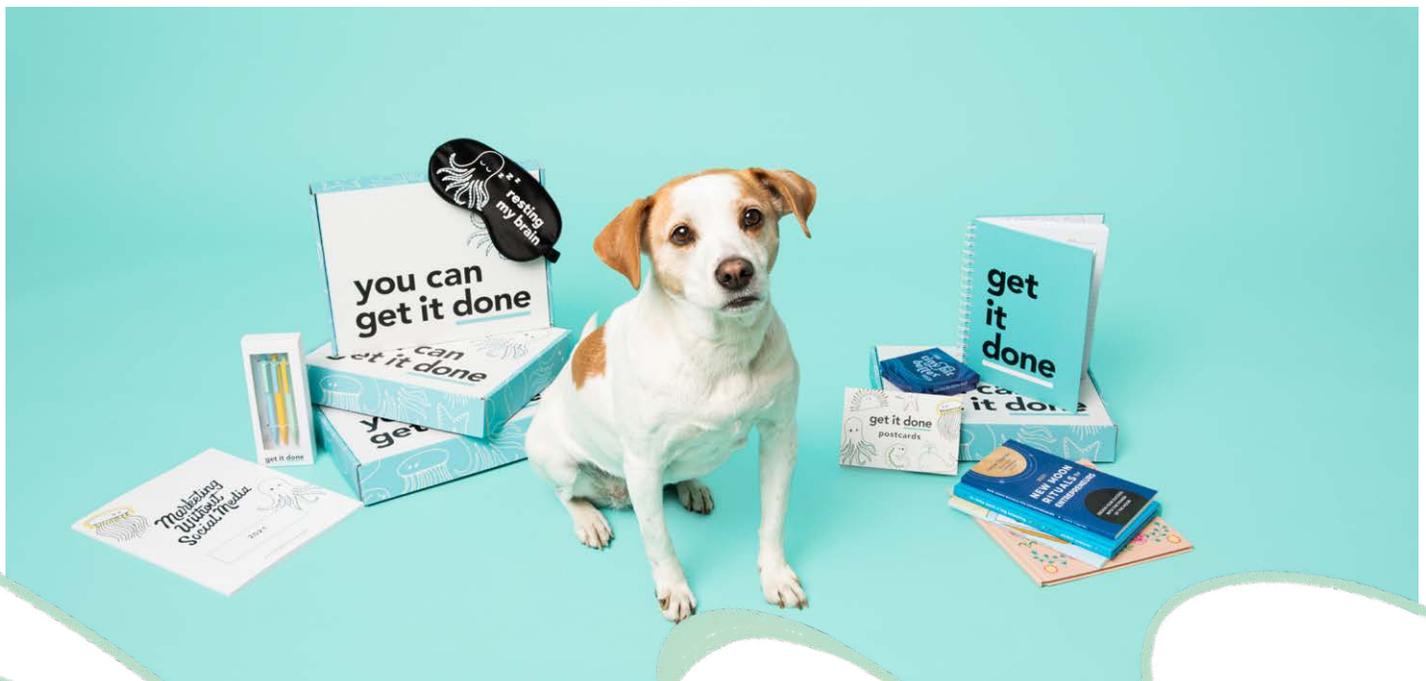
AFTER THE RETREAT

We follow up with you a few weeks after The Unplug Retreat to check in and see how you're doing back at home.

What are some habits you've created? How are you feeling? What's next for you?

We invite you to share an update with us (privately via email) if you wish.

We also invite you to attend a group check-in (video meeting) if you'd like to say "hello" to the retreat organizers and folks you met during the retreat. An opportunity to reconnect with friends you made, and recommit to your new tech habits.



How much is it—and what's included?

The Unplug Retreat is an all-inclusive retreat.

This means everything is included in one price. No extras. No surprises.

Your retreat fee includes:

- Deluxe accommodation (private guest room with private bathroom) at an award-winning spa resort
- Daily housekeeping
- Breakfast, lunch, and dinner, daily
- Over 35 resort activities and amenities to enjoy daily
- Special Unplug Retreat activities exclusively for retreat guests—meditation, workshop time, author readings and book signings, panel discussions about life, work, technology, and creating new habits
- Unplug Audio Course to enjoy prior to the retreat
- Unplug Book List with recommended books to read

- Check in and follow up after the retreat to see how you're doing back at home
- Transportation to and from the retreat (nearby airports) via complimentary shuttle
- A priceless experience that you will remember forever and carry back home into your everyday life

Not included:

- Airfare

SOLO GUEST

TRAVELING ALONE
Guest room with one King bed

\$5995

TWO GUESTS

TRAVELING TOGETHER AND SHARING A ROOM
Guest room with one King bed or two Queen beds

\$4595
per person

Payment plans are available

Reserve your bedroom with a deposit of \$995 today—and then pay the remaining balance over the course of 3 or six months.

REGISTER TODAY

May I attend the retreat along with my partner, spouse, or someone else, like my mom, dad, or a friend? Can we share a bedroom?

Yes!

You are welcome to attend The Unplug Retreat by yourself—or with a companion.

This is a beautiful experience to share with your spouse, partner, significant other, or with a friend or family member.

Perhaps you want to celebrate a special anniversary, birthday, graduation, or personal milestone by attending the retreat.

Or, perhaps you simply want to unplug and reconnect with someone you love and create memories together.

If you're traveling with a companion, you can each get your own bedroom (\$5995 per person) or you can share a room (\$4595 per person). Either way, it will be a remember-forever experience.



Am I allowed to bring a phone, tablet, or laptop to the retreat? Or should I leave those at home?

We encourage you to do whatever feels right for you.

This is your retreat.

You get to decide how much you want to unplug.

You might want to unplug completely—or partially.

Trust your “hut” (heart + gut) to determine what is best for you.

You have plenty of options. You can:

- * Unplug completely. (All devices off. No tech. Complete break.)
- * Unplug partially. (All devices off, except for occasionally calling your kids and loved ones back home to say hi. For instance, a daily chat after dinnertime.)
- * Do a combination of both. (Complete unplug for two days, then a partial unplug for the remaining days.)

Whatever you choose to do, we support you.

If you choose to bring a phone, tablet, laptop, or another device to the retreat, we ask that you refrain from using your devices in the common areas of the resort (this is the resort policy) and instead, use those devices in the privacy of your room.

This will help create a relaxing environment for everyone on the property.

I may want to work on a project during the retreat—like writing a novel, or something like that. Would that be okay?

Yes! That is completely okay.

If you want to use this retreat as an opportunity to:

- * Work on writing a book.
- * Work on a photography or painting collection.
- * Work on your business plan or brainstorm marketing ideas.
- * Work on some other project.

That is just fine.

We encourage you to use this time to do whatever feels right to you.

That being said, we invite you to see what it feels like to do...nothing. No plan. No agenda. No pressure to achieve and accomplish.

Most likely, back at home, you are doing-doing-doing many things and your brain is cluttered and

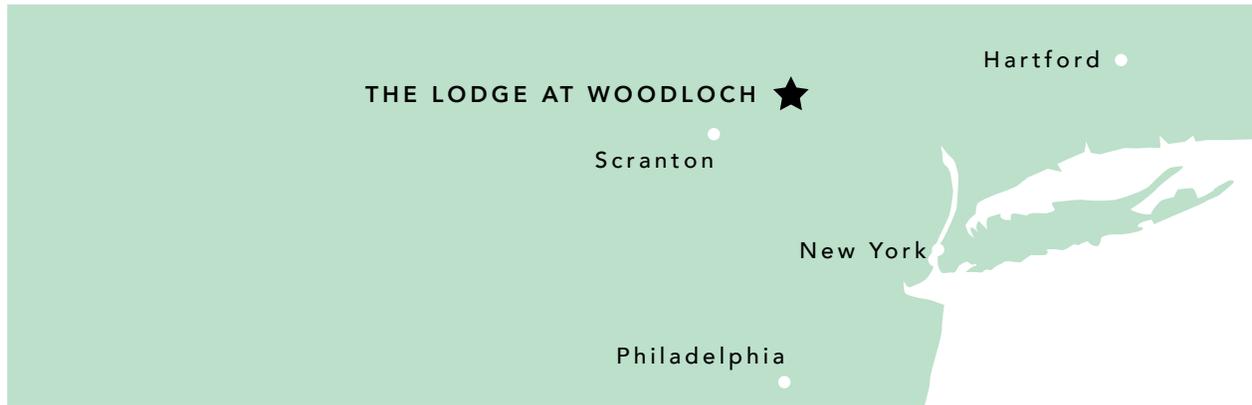
frenzied. The Unplug Retreat is a rare opportunity to experience space and stillness and no responsibilities.

By allowing yourself to do nothing, you will reset your brain and nervous system. You will see your issues from a new perspective. You might have a million dollar business idea or huge realization. You will depart the retreat feeling fired up and ready to get things done. You will be even more productive once you're back home.

Ironically, doing nothing can allow you to achieve even more.

How do I get to the retreat? Which airport should I fly into?

The Unplug Retreat is happening at The Lodge at Woodloch, located at:
109 River Birch Ln, Hawley, PA 18428



NEARBY AIRPORTS

Cherry Ridge Airport in Honesdale, Pennsylvania
- 20 minutes away from The Lodge

Wilkes Barre/Scranton International (AVP),
Scranton, Pennsylvania - 55 minutes

Newburgh Stewart International (SWF),
Newburgh, New York - 75 minutes

Newark International Airport (EWR), Newark,
New Jersey - 2.5 hours

COMPLIMENTARY PICK-UP AND DROP-OFF

Don't have a car?

The Lodge offers a complimentary shuttle and can pick you up from the NY Port Authority bus terminal.

We can arrange airport pick-up and drop-off for you—at no additional fee. Just get yourself to a nearby airport, and we'll pick you up and whisk you to the retreat.

BY CAR

If you have a car, you can drive from almost any city in the Northeast United States to the Lodge in less than 5 hours.

Driving time to reach the Lodge:

Scranton: 1 hour

New York City: 2.5 hours

Philadelphia: 3 hours

Long Island: 3 hours

Syracuse: 3.5 hours

Boston: 4 hours

Baltimore: 4.5 hours

Washington D.C.: 5 hours

Who is producing this retreat?

The Unplug Retreat is presented by Alex Franzen and Lindsey Smith, co-founders of a company called Get It Done.

Alex and Lindsey have extensive experience producing events of all sizes.

Alex has led intimate retreats and workshops in 18 cities around the world.

Lindsey has produced conferences including the International Women's Day Conference in her hometown of Pittsburgh and Pitch, Promote, Publish, a conference for aspiring authors.

This dream team knows how to craft an experience that leaves you refreshed, recharged, and feeling your best.

You're in great hands.

RETREAT ORGANIZER BIOS

Alexandra Franzen
Co-Founder, Get It Done

Alex is an entrepreneur, writing teacher, and author of six books including two novels.

She is the editor and founder of The Tiny Press, which has released award-winning books on success, creativity, health, wellness, and relationships.

She deleted all of her social media accounts seven years ago.

Spend time with Alex, and you'll be motivated to turn off your phone, do less busywork and more great work, and bring more simplicity into everything you do.

Lindsey Smith
Co-Founder, Get It Done

Lindsey is an award-winning best-selling author who has written eight books.

Early in her career, she created one of the world's first online programs on how to self-publish a book. To date, she has helped over 1,000 people achieve their dream of becoming an author.

Mental health, wellness, and food are just a few of Lindsey's passions.

She has been invited to speak on major stages, including Google Talks and TEDxPittsburgh.

She will motivate you to get moving and make your vision happen—but without burning yourself out in the process.

What is the cancellation/refund policy?

Cancellations cause an unpleasant hassle for everyone involved.

We ask that you register for The Unplug Retreat mindfully.

Please double check the dates, double check your budget, and discuss this trip with your family. Make sure that you can absolutely be there before you pay and register.

Once you register for The Unplug Retreat, we hold a bedroom especially for you, and there are no cancellations and no refunds for any reason.

If you want to be protected, we encourage you to purchase travel insurance from Travel Guard or another provider. That way, if you need to cancel at the last moment due to illness, injury, travel delay, lost luggage, or some other reason, your retreat investment will be protected. Your credit card company may offer automatic travel insurance coverage, too. Contact them to inquire.

Thank you for reading and respecting this cancellation policy.

Will I be required to wear a face mask at the retreat? What's the Covid-19 policy?

Fully vaccinated guests do not need to wear a mask while on the resort property, both indoors and out.

Unvaccinated guests are still required, by order of the Commonwealth of Pennsylvania, to wear an approved mask indoors and when interacting with those outside of their traveling party.

Guests will be required to submit a COVID-19 acknowledgement prior to arrival.

The resort is taking extra measures to keep everyone healthy, including:

- * Stringent housekeeping procedures for cleanliness and sanitization (including EPA-approved disinfectant) that meet and exceed industry best practices and standards.
- * Upgraded our air filtration system as an additional safety measure for guests and team members.
- * Safety Services team, trained in advanced first aid, available 24 hours per day, 7 days per week. This team is fully up to date on the latest COVID-19 regulations as reported by local, state, and federal agencies.



I am an introvert. Will this retreat include big crowds, loud music, or group activities that I'm required to participate in?

No, no, and no.

This is an introvert-friendly retreat.

The atmosphere is serene, peaceful, and restorative.

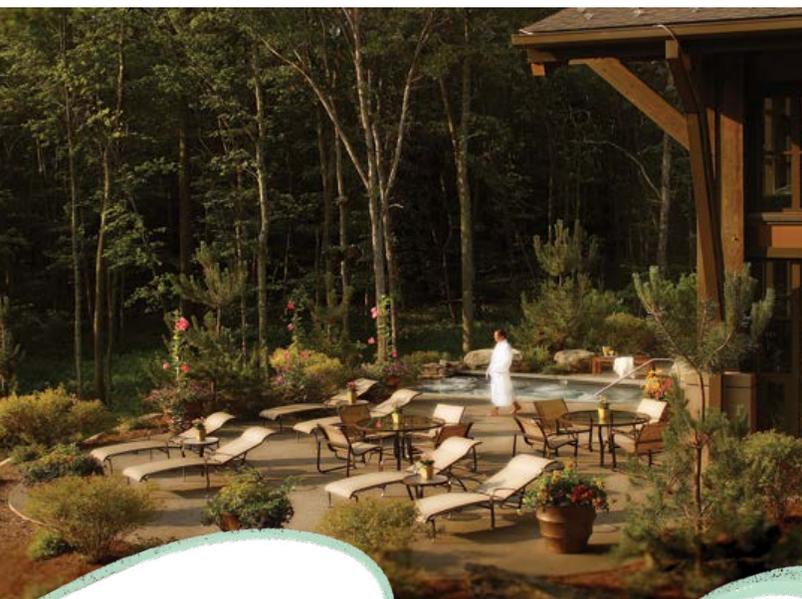
You will have your own private bedroom and bathroom, plus full access to the resort facilities and 500 acres of forest trails. Plenty of space to do your own thing.

During this retreat, we offer you a menu of activities daily—including fitness classes, nature activities, workshops and intimate workshops and panel discussions.

All activities are optional, not required.

Do whatever interests you. Skip whatever you don't feel like doing. Chat and get to know the retreat leaders and fellow retreat guests—or not.

We encourage you to do whatever feels good.



This looks incredible but the dates don't work for me. Will this retreat happen again next year?

We intend to offer The Unplug Retreat in 2022, but no dates have been set yet.

We encourage you to come in 2021 because...why wait?

I am self-employed. Would attending this retreat be considered a tax-deductible business expense?

It might be.

Talk to your accountant or tax preparer to find out for sure.

The Unplug Retreat might be considered a deductible travel expense, educational/training expense, or (if you're coming along with a co-worker, colleague, or employee) a company retreat.

We can provide a receipt that you can keep for your tax records.

Is this retreat for women only? Or, all genders?

All genders.

We welcome people of all genders, sexual orientations, backgrounds, and faiths.

What are my payment options? Can I pay a deposit now, and then pay the rest later?

We have several payment options to choose from.

Yes, you can make a deposit now and then pay the remaining balance later.

Go [here](#) to choose a payment option that works for you.

I really want to come but I can't afford it. Do you have scholarships? Or, any other options for me?

There are no scholarships for The Unplug Retreat.

However, we do offer scholarships for our online courses and you're more than welcome to apply. We give out 100 scholarships per year. See more information.

If you want to attend The Unplug Retreat but it's not feasible for your budget right now, we have a few suggestions for you.

Ask your employer if they'd be willing to pay for the retreat, or a portion of the retreat.

Tell them:

"There's a retreat I'd like to attend. It will reset my brain and reduce my stress levels so that I can come back to work fired up and more creative than ever."

They might say:

"Sure, I'll pay for you to go."

You never know unless you ask.

See if there's a grant you could win.

Millions of dollars are awarded every year in grant money.

You might be eligible to win a grant for travel, research, education, health, or wellbeing, and then use those funds to attend the retreat.

There are grants through the U.S. Federal Government, through the Small Business Administration, through private funders, and many other places. [grants.gov](https://www.grants.gov) is a good place to start searching.

Ask your family to chip in.

You can say to your family:

"Instead of sending a birthday or holiday gift this year, I'd really love you to chip in—any amount—so I can attend this retreat."

Allow your loved ones to give you an experience—rather than a physical gift.

Sell something you don't want or need.

Like that \$2,000 treadmill that you haven't touched in 12 months.

Get creative and earn the funds you need.

There are so many ways to earn extra cash.

You can offer freelance services on a website like [fiverr.com](https://www.fiverr.com) or [upwork.com](https://www.upwork.com)

You can circle back to a previous client and ask them to hire you again.

You can negotiate for a bonus or raise.

You can teach a seminar and charge money for tickets.

You have so much untapped earning potential that you could unleash. Brainstorm a list of 10 ways that you could generate more money, pick 1 option, and go for it. You might be surprised by what happens next.

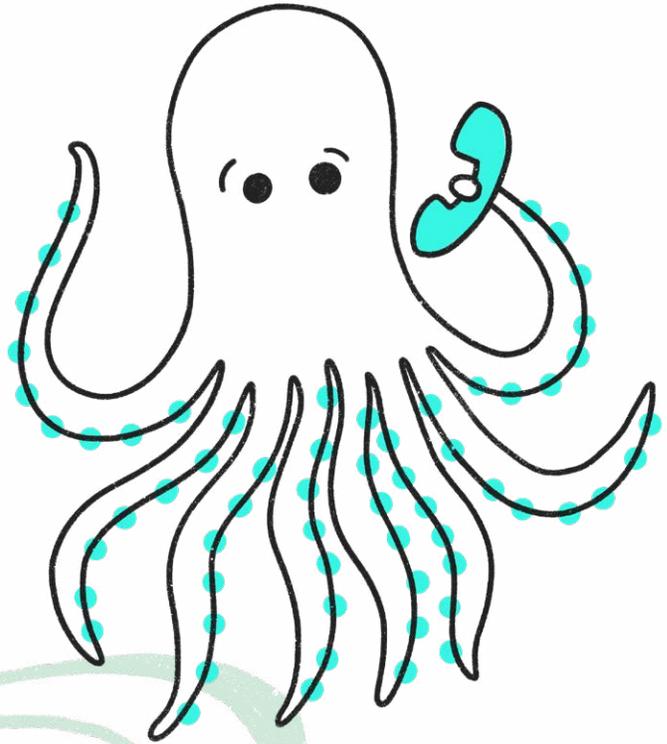
I have another question that's not answered here.

Please reach out!

Email us: hello@youcangetitdone.com

Or, schedule a 15-minute phone chat [here](#).

Thank you.



I want to come! Where do I sign up?

Please go here to register:

REGISTER TODAY



Thank you! We're thrilled
and can't wait to see you there.

