



## **Application for Admission**

### **River Within**

*Where seasonal rhythm, Nordic ritual, and inner wisdom meet.  
September 24th-27th, 2026 season*

*The Lodge at Pine Cove, French River, Ontario*

To apply, complete this form and email to Alex Strachan:  
[info@frenchriver.com](mailto:info@frenchriver.com) For more information, visit [www.frenchriver.com](http://www.frenchriver.com)

### **Personal Information**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

\_\_\_\_\_ Home address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Mailing address (if different from above)

\_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Other (if

your address is not in Canada)

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Telephone number (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Cell phone number (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email \_\_\_\_\_

Website \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Emergency contact \_\_\_\_\_

**How did you hear about the "River Within Retreat at Pine Cove"?**

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Accessibility Needs: \_\_\_\_\_

What are you most hoping to receive from this experience?

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## **Accommodations & Fees:**

**Please choose one:**

### **Private Cottage**

Enjoy one of our deluxe cottages all to yourself! Cottage with full kitchen & bathroom Tuition + accommodations for three nights + all meals: \$2339 + gratuities (15%) + HST

### **Private Bedroom & Shared bathroom**

Enjoy your private bedroom, all to yourself, and share a bathroom with other guests. Tuition + accommodations for three nights + all meals: \$1901 + gratuities (15%) + HST

### **Shared Bedroom & bathroom**

Shared bedroom in a shared cottage, each room with 2 twin beds. Tuition + accommodations for three nights + all meals: \$1790 + gratuities (15%) + HST

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Do you have food restrictions? If so, please describe:

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Please submit this form to **Alex Strachan**: [alex@frenchriver.com](mailto:alex@frenchriver.com) and [info@frenchriver.com](mailto:info@frenchriver.com).

Alex will make sure that your completed application is reviewed in a timely fashion, and will help you with next steps.

Thank you for your interest in the River Within Retreat. See you in September.