

Registration Form

Stepping into Nature Overnight Retreat 2026



Location: Timber Bay Retreat Center, 18955 Woodland Road, Onamia, MN 55359
Two night: Check in between 4-5 pm **Friday, Oct 9th - Sunday, Oct 11th** at 3pm
One night: Check in between 4-5pm **Friday, Oct 9th - 2pm Saturday, Oct 10th** OR
2-3pm **Saturday, Oct 10th - Sunday, Oct 11th** at 3pm

Provided: Lodging, snacks, materials for activities, and 6 meals for 2 night stay or 3 meals for 1 night..

What to bring: Sleeping bag, pillow, towel, toiletries/personal care items.

Optional: Your yoga mat, a journal, your CoDA coloring book, an item to add to raffle table*.

**Note: Purchase raffle tickets with cash or Venmo... Proceeds help cover retreat costs and keep reg fees down.*

What to wear: Comfortable clothing, good walking shoes/boots, outerwear appropriate for the weather.

You must register and pre-pay to participate. The only discount available is the early bird discount.

Cost for 2 nights: Friday-Sunday \$152 (early bird discount), \$177 after August 10th

Cost for 1 night: Friday-Saturday OR Saturday-Sunday \$109 (early bird discount), \$134 after August 10th

Checks or money orders payable to **MinnCODA** can be sent to the address below.

Back this year: pay via Venmo with no added fees: <https://www.venmo.com/u/Roxanne-Molskness>

New this year: NO Credit card payments accepted due to excessive added fees.

NOTES: Participants need to be able to handle stairs and uneven terrain.

This is a smoke free venue. Smoking is prohibited in and around cabins, lodge and trails.

*Due to the nature of a retreat experience, the number of participants will be **limited to a max of 40.***

This is on a first come first served basis so register early. Once the event is full, we **will** post a notification on the Fellowship BAND App and website.

If you need to cancel, full or partial refunds may be given. NO refunds for cancellations after August 12th.

For questions, please contact: Roxanne M at 763-228-4683 or message thru BAND App. Once we have gotten your payment and registration info, your spot will be reserved. You will then receive an email from MinnCoDAevents@gmail.com to get your sleeping preferences and give you more info and retreat details.



Pre-REGISTRATION FORM 2026

Please mail this registration form and payment to:

MinnCoDA, 13800 Balsam Ln N. Dayton, MN 55327

Please make **checks** payable to: **MinnCoDA**

Name _____

Address _____

Phone _____

Email _____

Please select which one or two night option you'd like:

___ Friday-Sunday \$152 (early bird discount), \$177 after August 10th

___ Friday-Saturday \$109 (early bird discount), \$134 after August 10th

___ Saturday-Sunday \$109 (early bird discount), \$134 after August 10th

(check one) I am enclosing my:

___ **Check** ___ **Money order** ___ **Cash** ___ **Just my form, I will pay with Venmo**

Special diet request: ___ Vegetarian* ___ Dairy free* ___ Gluten-free*

**I understand there may be an added fee for special dietary requests.*

Allergy to: _____

For Office Use Only:

Date Received _____ Payment amount received: \$ _____ via: Cash ___ Check # _____ M.O. # _____ Other: _____ Confirm sent _____



venmo