

# MAHINA + ME

## FREQUENTLY ASKED QUESTIONS

### **What are "menstruators"?**

This is an inclusive term for anyone who menstruates/has their period or biologically has a womb.

### **Who can participate in the retreat?**

Any menstruator or supporter of a menstruator, regardless of age. This retreat is designed for indigenous menstruators by indigenous menstruators. It is intended to be safe space to explore and learn. We strongly encourage families, groups, communities of menstruators and their supporters to participate together.

### **How do I purchase a retreat pass?**

There are a variety of passes available at our website: [www.puamohala.com](http://www.puamohala.com). Retreat pass sale ends on July 29, 2022, 11pm (HST). If you need a payment plan option, please email us at [info@puamohala.com](mailto:info@puamohala.com)

### **What is included in my retreat pass?**

Access to the in-person retreat with speakers, presenters, activities, meals, and other surprises. All retreat participants will also receive a swag bag worth over \$75 and access to the virtual Post-Recorded library.

### **Where will the retreat be taking place?**

This in-person retreat will be happening at Keiki & Plow in Hawaii Kai (587 Pakala St, Honolulu, HI 96825).

### **What COVID-19 protocols will be followed?**

We follow Hawaii Department of Health protocol for outdoor events. The non-profit Ke Ola Mamo will be providing COVID-19 tests for any interested participant and other PPE like hand-sanitizer and masks.

### **Where is my money going?**

Your purchase of a retreat pass will go to compensate the indigenous and BIPOC team of event organizers, speakers, presenters, and community makers. In addition, 10% of all proceeds will be donated to the Ma'i Movement, a non-profit committed to ending period poverty in Hawai'i

### **What is the refund policy?**

No refunds will be issued for this retreat.

