

Weekend Retreat
at
Well Being Retreat Center
Accommodation Policies

1. Register with Well Being Retreat Center using the online Registration Form.
2. Pay \$40 non-refundable Housekeeping Fee online
3. Accommodations will be assigned by Patty on a first-come, first-served basis. If you want to room with a particular person or if you are coming with your partner, please include that message when you register.
4. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are one room, ceiling fan, small floor heater with 2 beds each and a small refrigerator. Tent Camping is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. AT Style Shelters are also available as a no-tent camping option. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for camping options.
5. **Meals:** Meals will be Supper Friday evening through Sunday lunch. Each participant will be asked to bring and prepare one meal for the group. Depending on the number of people attending the retreat, two or more people will be responsible for each meal. Patty will notify you no later than the Monday before the retreat which meal you will be responsible for and who your cooking partner will be together with their contact information. If you have a preference of who you would like to cook with. Please let Patty know in advance. If you are cooking a non-vegetarian meal, please also offer a vegetarian option. Meals should be mostly gluten-free and relatively low in sugar.
6. **Special Needs:** Well Being Retreat Center is located in a rural/rustic hilly setting and is not suitable for people having special mobility requirements. The retreat will not prepare special meal items for any Attendee. If any Attendee requires or prefers special foods, the cabins have refrigerator and small cooking areas which the Attendee can use to store and prepare such foods.
7. **Cancellations** If you have to cancel, please let Patty as well as your cooking partners know immediately. Please recognize that last-minute reassignment of accommodation and cooking assignments requires extra administrative effort and extra cooking effort by someone else. Please try to avoid last minute cancellations. Getting the jitters before an ego-threatening retreat is common and the mind finds many excuses to justify not attending.

8. Directions and more information will be included with the lodging confirmation and sent to you by email.
9. Check-in begins at 4:00 pm on Friday and the retreat will end after lunch on Sunday.
10. **Yogi Chores:** During the retreat, you will be asked to help with “Yogi Chores,” which will be helping with kitchen clean-up for about an hour during the retreat.
11. All buildings, including decks, are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
12. When we receive your payment and registration information, Well Being Foundation will confirm receipt by e-mail.

We hope you enjoy your retreat at Well Being Retreat Center.