

Well Being's Three-Day Meditation Retreat

with Don Oakley & Patty Bottari
at
Well Being Retreat Center, Tazewell TN

Retreat Policies

1. Register with Well Being Retreat Center online.
2. There is a \$50 per person non-refundable Housekeeping Fee. This fee goes to defray the costs of room cleaning, laundry, building maintenance, utilities and coffee, tea and snacks available for the retreat. There is no other housing fee.
3. You are asked to bring and prepare one meal for the group. Depending on the number of people attending, there may be two or more people responsible for each meal. If you have another person that you wish to cook with, please let Patty know.
4. You will also be asked to help with "Yogi Chores" in the kitchen after meals once or twice during the retreat. There will be a sign-up sheet when you check-in for the retreat.
5. **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 (or AT Shelter Camping) is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for Camping option.
6. **Special Needs:** Well Being Conference Center is located in a rural/rustic hilly setting and is not suitable for people having special mobility requirements.
7. **Cancellations:** If you decide not to attend after you have registered, please notify both Patty and your cooking partners so that someone else can assume your meal responsibilities.
8. Directions and more information will be included sent to you by email.
9. Check-in begins at 4:00 pm on Thursday and check-out is on Sunday by 2:00 pm. If you would like to arrive earlier or stay later, please make those arrangements with Patty@WellBeingCC.org in advance.

10. All guest rooms and meeting rooms are non-smoking. Pets, firearms, alcohol, and illicit drugs are not permitted on the premises.

If you have any questions, please contact Patty@WellBeingCC.org or at 423-626-9000.

We hope you enjoy your retreat!