

Seven-Night Meditation Retreat with
with Upasaka Upali (Paul Peterson)
at
Well Being Retreat Center – March 21 - 28, 2020
Accommodation Policies

1. Register with Well Being Retreat Center for accommodations (meals and lodging).
2. Upali will be requesting Dana (donation) for the teachings offered.
3. Accommodation rates are **per person**.
4. Accommodations are assigned on a first-come, first-served basis.
5. If your 1st choice of housing is not available when you register, you will be assigned your 2nd choice, if available, and the difference in cost will be refunded to you (or will be due from you). If neither your 1st or second choice is available when you register, you will be contacted to see if another choice might be acceptable. If not, your payment will be immediately returned in full.
6. **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.
7. **Meals:** Supper Saturday March 21st through Saturday lunch March 28th will be provided as well as snacks throughout. These meals will be vegetarian (including organic eggs and some organic dairy. The meals will be freshly prepared, mostly gluten-free. Drinks (coffee, teas, and lemon ginger water) will be provided throughout the event.
8. **Special Needs:** Well Being Retreat Center is located in a rural/rustic hilly setting and is not suitable for people having special mobility requirements. Well Being Foundation 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.
9. **Housing cancellations** 30 days or less prior to the starting date of the event: no refund of housing fees. 31 days or more prior to the event are subject to a \$50 per person processing fee.

10. Directions and more information will be included with the lodging confirmation and sent to you by email.
11. Check-in begins at 4:00 pm on Saturday March 21, 2020 and the retreat ends at 2 pm on Saturday March 28, 2020.
12. **Yogi Chores:** During the retreat, you will be asked to help with “Yogi Chores,” which will be helping with kitchen clean-up for up to three hours during the retreat.
13. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
14. Payment is due in full at time of registration for your 1st choice of accommodations.
15. When we receive your payment and registration information, Well Being Foundation will confirm receipt by e-mail.

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