

“Breathing with the Spirit” Retreat

with Caroline Vogel

at

Well Being Retreat Center – August 2 – 4, 2024

Accommodation Policies

1. Register with Well Being Retreat Center for both tuition and accommodations using Well Being’s online Registration Form.
2. Accommodation rates are **per person** for meals and lodging.
3. If you have any questions about Accommodations, please contact patty@wellbeingcc.org or call her at 423-626-9000.
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 (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. (Tiny Houses, Chickadee Cabin and Kingfisher Cabin are considered Private Cabins.)
5. **Special Needs:** Well Being Retreat Center is located in a rural/rustic hilly setting and is not suitable for people having special mobility requirements. **Meals served during the event will be vegetarian with a vegan option at each meal.** Meals will be mostly gluten-free, mostly organic and freshly prepared. If you have special dietary needs, please plan to bring and prepare such foods. (The Cabins have a refrigerator, sink and range; the Cabinettes have mini-fridges.)
6. **Cancellations**
 - 14 days or less prior to the starting date of the event: no refund will be provided.
 - 15-30 days prior to the event: 50% refund will be provided.
 - 31 days or more: a full refund subject to a \$75 per person processing fee will be provided.
7. Directions and more information will be included with the lodging confirmation and sent to you by email.
8. Check-in begins at 8:00 am on Friday August 2, 2024 and check-out is on Sunday after lunch August 4, 2024 by 2:00 pm. If you would like to arrive earlier or stay later, please make those additional arrangements with patty@wellbeingcc.org in advance.

9. 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 1 1/2 total hours during the retreat.
10. All meals will be served in the main Conference Building; Sessions may be held in either the main Conference Building or the Powell River Pavilion, depending on weather and the Group Leader’s preference.
11. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
12. Payment is due in full at time of registration for your choice of accommodations.
13. 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.