

**Steady Mind, Mindful Presence Retreat**  
**with Melanie McGhee & David Patterson**  
at  
**Well Being Retreat Center – October 2025**  
**Accommodation Policies**

1. Register with the Well Being Retreat Center for both tuition and accommodations.
2. Accommodation rates are per person for tuition, meals and lodging and are assigned on a first-come, first-served basis.
3. Payment is due in full at time of registration for your 1st choice of accommodations.
4. Amenities: Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are one room with two extra-long twin beds, ceiling fan, small floor heater, and a mini-fridge. Towels and linens are provided for Cabins and Cabinettes, but not for camping. Tent Camping option available along the river in a mowed fairly level pasture or in single AT Shelters with bathrooms & hot showers a short walk away. Camping will require you bring your own Camping gear.
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 will be non-vegetarian with vegetarian and dairy-free options available at each meal. If you have special dietary needs, please plan to bring and prepare these foods in your cabin.
6. Housing 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.NOTE: If you contract Covid or have been exposed to someone who has Covid immediately before the event, you can request a full refund.
7. Directions and more information will be included with the lodging confirmation and sent to you by email.
8. Check-in from 3pm to 5:30pm on Thursday October 2, 2025 and the retreat ends with lunch on Sunday, October 5, 2025

9. Yogi Chores: You will be asked to do kitchen clean-up after meals for about 2 hours total during the retreat. For many retreat attendees, kitchen comradery is a meaningful aspect of the retreat.

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

11. When we receive your payment and registration information, Well Being Foundation will confirm receipt by email.

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