

**Four-Night Mindfulness Retreat with**  
**with Therese Fitzgerald**  
at  
**Well Being Retreat Center – June 4<sup>th</sup> – 8<sup>th</sup> 2025**  
**Accommodation Policies**

1. Register with Well Being Retreat Center for accommodations (meals and lodging).
2. Therese Fitzgerald's compensation will be by *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 1<sup>st</sup> choice of housing is unavailable when you register, you will be assigned your 2<sup>nd</sup> choice. The difference in cost will be refunded or will be due at that time. If neither your 1<sup>st</sup> 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 with 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. Chickadee and Kingfisher cabins and the Tiny Houses are considered "Private Cabins."
7. **Meals:** Supper Wednesday evening through Sunday lunch will be provided as well as snacks throughout. These meals will be vegetarian and may include 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**

- 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 will receive your payment back in full.

10. Directions and more information will be included with the lodging confirmation and sent to you by email.
11. Check-in begins at 3:00 pm on Wednesday June 4, 2025 and the retreat ends at 2 pm on Sunday June 8, 2025.
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 2 hours total 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 1<sup>st</sup> 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.**