

**Three-Night Meditation Retreat with**  
**with Alaya Dickinson**  
at  
**Well Being Retreat Center – January 20 - 22, 2023**  
**Accommodation Policies**

1. Register with Well Being Retreat Center for accommodations (meals and lodging).
2. All group sessions will be held in the Main Conference Building. Masks and vaccinations are not required.
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 not available when you register, you will be assigned your 2<sup>nd</sup> choice, if available, and the difference in cost will be refunded to you (or will be due from you). 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, ceiling fan, small floor heater and a small refrigerator. Bathrooms for the Cabinettes are in the Conference Building a very short walk away. 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 the new Tiny Houses are considered “Private Cabins.” Double occupancy Private Cabins are available for couples.
7. **Meals:** All meals will be prepared and served in the Main Conference Building. Supper Friday evening through Sunday lunch will be provided as well as snacks throughout. These meals will be non-vegetarian with vegetarian options available at each meal (vegetarian options 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** 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 \$75 per person processing fee. However, you will receive a full refund if you are sick or have recently been in contact with someone who is sick with COVID-19 or with COVID-like symptoms immediately before this event.
10. Directions and more information will be included with the lodging confirmation and sent to you by email.
11. **Yogi Chores:** During the retreat, you will be asked to help with kitchen cleanup (about 1 ½ hours during the retreat) and make the bed for the next occupant using clean linens provided.
12. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
13. Payment is due in full at time of registration for your 1<sup>st</sup> choice of accommodations. You will be registered for the event only upon receipt of payment.

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