

Three-Night “A Sacred Hug” Retreat with
with Alaya Dickinson & Corrine Champigny
at
Well Being Retreat Center – March 27-30, 2025
Accommodation Policies

1. Register with Well Being Retreat Center for Tuition and accommodations (meals and lodging).
2. Group sessions will be held in the Main Conference Building.
3. Accommodation rates are **per person**.
4. Accommodations are assigned on a first-come, first-served basis.
5. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are one room with a ceiling fan, small floor heater and a small refrigerator. Bathrooms for the Cabinettes are in the Conference Building a very short walk away from them. 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, Kingfisher, and the Tiny Houses are considered “Private Cabins.” Wood Duck, Blue Heron and Purple Martin are considered Shared Cabins.
6. **Meals:** All meals will be prepared and served in the Main Conference Building. Supper Wednesday 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.
7. **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.

8. 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.

9. Directions and more information can be found on the “Info for Attending a retreat” page on the Well Being Retreat Center’s website. A link will also be sent to you by email prior to the event.

10. **Yogi Chores:** During the retreat, you will be asked to help with kitchen cleanup (2 hours during the retreat) and make the bed for the next occupant using clean linens provided.

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. You will be registered for the event only upon receipt of payment.

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