



## New Year's Retreat

### Cancellation & Accommodation Policies

#### 1. Registration

Please register directly with the Well Being Retreat Center for both tuition and accommodations.

#### 2. Accommodation Rates

Rates are per person and include tuition, 2 meals, and lodging. Housing is assigned on a first-come basis.

#### 3. Payment

Full payment is required at the time of registration.

#### 4. Amenities

- **Cabins:** Are equipped with heat, electricity, a full bathroom, a refrigerator, and a kitchenette. Towels and linens are provided.
- **Cabinettes:** Are one-room units with two extra-long twin beds, a ceiling fan, small floor heater, and a mini-fridge. Bathroom and shower facilities are located nearby in the Conference Building which is open 24/7. Towels and linens are provided.

#### 5. Meals

- **Well Being will provide two meals:** Sunday supper and Thursday lunch.
- **All other meals are the responsibility of retreat participants.**
- Cabins are equipped with kitchenettes, and guests in cabinettes will have access to the Conference Building kitchen.
- Coffee, tea, and snacks will also be available throughout the retreat.
- Meals are primarily non-vegetarian; a vegetarian and dairy-free option will be available at each meal.
- If you have additional or specialized dietary needs, please plan to bring and prepare these foods.

#### 6. Accessibility

Please note: the Retreat Center is located in a rural, hilly setting and may not be suitable for individuals with mobility challenges.

## **7. Housing Cancellation Policy**

- 14 days or less before the retreat: No refund.
- 15–30 days before the retreat: 50% refund.
- 31 days or more before the retreat: Full refund, minus a \$75 per-person processing fee.

## **8. Confirmation & Directions**

Once your payment and registration are received, Well Being Foundation will confirm receipt by email. About 1 week prior to the start of the event, Well Being will also send a Retreat Welcome email complete with driving directions, as well as other useful information.

## **9. Check-In / Check-Out**

- **Check-in:** 3:00–5:00 pm on the retreat's start date.
- **Check-out:** Retreat concludes with lunch on the final day. (around 1:30 pm)

## **10. Yogi Chores**

We will ask a few people to volunteer to assist with kitchen clean-up after meals. Many participants find this shared experience to be a meaningful part of community life.

## **11. Policies**

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

We hope you enjoy your stay at

