

**Kundalini Rising:  
Somatic Experiencing and Holotropic Breathwork**

**with Kimberly Lee and Jeffrey Warren**

at

**Well Being Retreat Center – August 12 - 18, 2024**

**Accommodation Policies**

1. Register with Well Being Retreat Center for both tuition and accommodations using Well Being's online Registration Form.
2. Accommodation rates are **per person** for meals and lodging.
3. If you have any questions about Accommodations, please contact [Patty@WellBeingCC.org](mailto:Patty@WellBeingCC.org) or call her at 423-626-9000.
4. **Amenities:** Each Cabin has heat, electricity, a full bathroom, and kitchenette. Each Cabinette is one room equipped with a ceiling fan, small floor heater, 2 beds, and a small refrigerator. They are a short walk from the bathrooms/showers in the Conference Center. Tent Camping (or AT Shelter Camping) is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. Towels and linens are provided for Cabins and Cabinettes, but not for Camping option. Tiny Houses, Chickadee Cabin and Kingfisher Cabin are considered Private Cabins.
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 served during the event will be non-vegetarian with a vegetarian option at each meal. Meals will be mostly gluten-free, mostly organic and freshly prepared. If you have special dietary needs, please plan to bring and prepare such foods.
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 will receive your payment back in full.

7. Directions and more information will be included with the lodging confirmation and sent to you by email.
8. Check-in begins at 3:00 pm on Monday August 12, 2024 and check-out is on Sunday after breakfast on Sunday August 18, 2024. If you would like to arrive earlier or stay later, please make those additional arrangements with [patty@wellbeingcc.org](mailto:patty@wellbeingcc.org) in advance.
9. Yogi Chores: You will be asked to help out with kitchen clean-up for a total of about three hours during the retreat.
10. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
11. Payment is due in full at time of registration for your 1<sup>st</sup> choice of accommodations.
12. 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.**