

Tai Chi with Frankie Hart
at
Well Being Retreat Center – May 2024
Accommodation Policies

1. Register with Well Being Retreat Center for both tuition and accommodations.
 2. Accommodation rates are **per person** for tuition, meals and lodging and are assigned on a first-come, first-served basis.
 3. Payment is due in full at time of registration for your 1st choice of accommodations. If your 1st choice of housing is not available when you register, you will be assigned your 2nd choice, if available, and the difference in cost will be refunded to you (or will be due from you). If neither your 1st 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.
 4. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are one room, two extra-long twin beds, ceiling fan, small floor heater with 2 beds each and a mini-fridge. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for camping option. Tenting option: bring your own tent, sleeping bag, etc. Camping along the river in a mowed fairly level pasture or in single AT Shelters with bathrooms & hot showers a short walk away.
 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 will be non-vegetarian with a vegetarian option and a dairy free option available. If you have special dietary needs, please plan to bring and prepare these foods in your cabin.
 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 from 3pm to 5:30pm on Thursday May 2, 2024 and the retreat ends with lunch on Sunday, May 5, 2024.

9. **Yogi Chores:** You will be asked to do “Yogi Chores” (kitchen clean-up after meals) during the retreat for about 2 hours total during the retreat. (Kitchen comradery is a significant aspect of the retreat.)
10. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
11. 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.