

## Four-Night Pragmatic Meditation Retreat with

with Upasaka Upali (Paul Peterson)

at

Well Being Retreat Center – April 3-7, 2024

### Accommodation Policies

1. Register with Well Being Retreat Center for accommodations (meals and lodging).
2. Upali's compensation will be by Dana (donation) for the teachings offered.
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 with a ceiling fan, small floor heater, 2 twin beds each and a small refrigerator with full bathrooms in the Main 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. Towels and linens are provided for Cabins and Cabinettes, but not for camping options.
7. **Meals:** Supper Wednesday (4/3/2024) evening through Sunday (4/7/2024) lunch will be provided as well as snacks throughout. These meals will be vegetarian (including 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. Cancellation:**

- 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.

10. Directions and more information will be included with the lodging confirmation and sent to you by email.

11. **Yogi Chores:** You will be asked to help out with kitchen Yogi Chores for 2 hours total during this retreat and to remake your bed with clean sheets when you leave.

12. All guest rooms and meeting rooms and decks are non-smoking areas. 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.

14. 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.**