

Balancing Doing and Being

A Journey Into Presence

with Melanie McGhee and David Patterson

at

Well Being Retreat Center – August 11 - 13, 2023

Accommodation Policies

1. Register first with Melanie for Tuition, then with Well Being Retreat Center for accommodations.
2. Accommodation rates are **per person** for the for meals and lodging.
3. If you have any questions about Accommodations, please contact edit@wellbeingfoundation.org or call her at 858-682-6884.
4. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are one room, ceiling fan, small floor heater with 2 beds each and a small refrigerator. Tent Camping (or AT Shelter Camping) is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for Camping option. (Tiny Houses are considered Private Cabins when you register.)
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.

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. Food provided will be mostly gluten-free, non-vegetarian with a vegetarian option at each meal. Vegetarian may include eggs and limited dairy.

8. Directions and more information will be included with the lodging confirmation and sent to you by email.
9. Check-in begins at 3:00 pm on Friday August 11, 2023 and check-out is on Sunday after lunch (August 13 by 2:00 pm). If you would like to arrive earlier or stay later, please make those arrangements with Edit@wellbeingfoundation.org in advance.
10. Yogi Chores: During the retreat, you will be asked to help with “Yogi Chores,” which will be helping with kitchen clean-up for up to 1 1/2 total hours during the retreat.
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 for your 1st choice of accommodations.
13. 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.