

**Four-Night ANFT Guide Immersion**  
**with Christine Hoyer and Darlene**  
at  
**Well Being Retreat Center – September 25-29, 2024**  
**Accommodation Policies**

1. Register first with ANFT for Tuition and then with Well Being Retreat Center for accommodations (meals and lodging).
2. Accommodation rates are **per person**.
3. Accommodations are assigned on a first-come, first-served basis.
4. 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.
5. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Cabinettes are a studio, have a ceiling fan, small floor heater and a small refrigerator. Bathrooms for the Cabinettes are in the 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. Chickadee, Kingfisher and the five Tiny Houses are considered “Private Cabins.”
6. **Meals:** All meals will include supper Wednesday evening through Sunday lunch as well as snacks throughout. These meals will be Vegetarian with a vegan option available at each meal (vegetarian options may include 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.
7. **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.

#### **8. 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.

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

10. **Yogi Chores:** During the retreat, you will be asked to make the bed for the next occupant using clean linens provided. There will be Yogi Chores in the kitchen totaling about 3 hours during the event.

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 1<sup>st</sup> 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.**