

6-Night Silent Retreat with Mukti
at
Well Being Retreat Center – September 19 – 25, 2020

Accommodation Policies

1. Register first with Mukti for Tuition, then with Well Being Retreat Center for accommodations.
2. Accommodation rates are **per person** for the meals and lodging.
3. Accommodations are assigned on a first-come, first-served basis.
4. 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.
5. **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 is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. There are also cover AT Shelters that you can use instead of bringing a tent. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for tent or AT Shelter camping option.
6. **Special Needs:** Well Being Retreat Center is located in a rural/rustic hilly setting and is not suitable for people with special mobility requirements.
7. **Housing cancellations** 30 days or less prior to the starting date of the event: no refund of housing fees. 31 days or more prior to the event are subject to a \$50 per person processing fee.
8. Directions and more information will be included with the lodging confirmation and sent to you by email.
9. **Check-in/Check-Out:** Check-in begins at 4:00 pm on Saturday September 19, 2020 and the retreat ends at 2 pm on Friday September 25, 2020. All meals, snacks and drinks (coffee, teas, and chilled lemon water) are included within the retreat period. Meals will be non-vegetarian with a vegetarian option at each meal.
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 3 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. Meals are non-vegetarian with a vegetarian option available at each meal. Meals are mostly gluten-free, and low glycemic.
13. Payment is due in full at time of registration for your 1st 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.