



Feldenkrais® & Embodied Life™ Retreat

With Brenda Rasch, PT

at

Well Being Retreat Center – November 12 – 15, 2026

Cancellation & Accommodation Policies

1. Register with Well Being Retreat Center for accommodations.
2. Accommodation rates are per person for meals and accommodations and are assigned on a first-come, first-served basis.
3. Payment is due in full at time of registration.
4. **Amenities:**
 - **Cabins** have heat, electricity, a full bathroom, a refrigerator and kitchenette. Towels and linens are provided.
 - **Cabinettes** are one room with two extra-long twin beds, ceiling fan, small floor heater, and a mini-fridge. Bathroom and shower facilities are located nearby in the Conference Center which is open 24/7. Towels and linens are provided.
 - **Tent Camping** option available along the river in a mowed and fairly level pasture or in single AT Shelters. Bathrooms & hot showers are a short walk away. **Camping will require you bring your own Camping gear and towels.**
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. **Meals:** Meals will be non-vegetarian which may include fish, organic eggs and organic dairy with a vegetarian option. **If you have special dietary needs, please plan to bring and prepare these foods in your cabin.**



7. Cancellation Policy

- **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.

8. Directions and more information will be included with the lodging confirmation and sent to you by email.
9. Check-in from 3pm to 5:00pm on Thursday November 12, 2026 and the retreat ends with lunch on Sunday November 15, 2026.
10. **Yogi Chores:** You will be asked to do kitchen clean-up after meals during the retreat for about 2 hours total during the retreat. For many retreat attendees, kitchen comradery is a meaningful aspect of the retreat.
11. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
12. When we receive your payment and registration information, Well Being Foundation will confirm receipt by e-mail.

We hope you enjoy your stay at

