

Well Being Retreat Center

Four Night Meditation Retreat

with Upasaka Upali (Paul Peterson)

at Well Being Retreat Center

February 25–28, 2027

Cancellation & Accommodations Policies

1. Register with Well Being Retreat Center for accommodations (meals and lodging).
2. Accommodation rates are per person for meals and accommodations.
3. Accommodations are assigned on a first-come, first-served basis.
4. **Amenities:**
 - Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Towels and linens are provided.
 - Cabinettes are one room with a ceiling fan, small floor heater, 2 twin beds each and a small refrigerator. Bathroom and shower facilities are located nearby in the Main Conference Building which is open 24/7. Towels and linens are provided.
 - Tent Camping is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. **Camping will require you to bring your own camping gear and towels.**
 - AT Style Shelters are also available as a no-tent camping option.
5. **Meals:**
 - Well Being will provide meals beginning with supper on Thursday evening through Sunday lunch 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.

6. Special Needs:

- Well Being Retreat Center is located in a rural/rustic, hilly setting and is not suitable for people who have 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 refrigerators and small cooking areas which the Attendee can use to store and prepare such foods.

7. Cancellation:

Cancellation Date	Refund
Before November 1, 2026	50% refund
November 1, 2026 – January 25, 2027	30% refund
After January 25, 2027	No refund

8. Directions and more information will be included with the lodging confirmation and sent to you by email about a week prior to the start of the event.

9. Check-in is from 3:00 pm to 5:00 pm on Thursday, February 25, 2027. The retreat ends with lunch on Sunday, February 28, 2027.

10. Yogi Chores:

You will be asked to help with kitchen Yogi Chores for 2½ hours total during this retreat and to remake your bed with clean sheets when you leave. For many retreat attendees, kitchen comradery is a meaningful aspect of the retreat.

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

12. Pets, firearms, and illicit drugs are not permitted on the premises.

13. Payment is due in full at the time of registration.

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.