

Five-Night HILS 3 Workshop
Stop-at-Nothing
at
Well Being Retreat Center – May 2025
Accommodation Policies

1. Register first with Stop at Nothing for Tuition and then with Well Being Retreat Center for Accommodations, meals, and lodging.
2. Group sessions will be held in the temperature controlled main Conference Building or at the 1,800 square foot open-air Powell River Pavilion on the banks of the river.
3. Accommodation rates are **per person**.
4. Private Cabin accommodations are assigned on a first-come, first-served basis.
5. **Amenities:** Each Cabin has heat, electricity, a full bathroom, a refrigerator and kitchenette. Towels and linens are provided.
6. **Meals:** All meals will be served in the Conference Building. Meals include supper Sunday evening through Friday breakfast with a takeaway lunch on Friday. Also, snacks will be available throughout. These meals will be non-vegetarian with vegetarian options 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 with 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.
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 about a week before the event.
10. **Yogi Chores:** During the retreat, you will be asked help our with “Yogi Chores” which means helping out with clean-up for several meals during your stay and to “pay it forward” by making the bed for the next occupant using clean linens provided.
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 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.