

# ChiRunning and ChiWalking Workshop

with Katherine & Danny Dreyer

at

Well Being Retreat Center – May 4 - 7, 2023

## Accommodation Policies

1. Register with Well Being Retreat Center for tuition and accommodations using Well Being's online Registration Form.
2. Rates are **per person** for tuition, meals and lodging.
3. If you have any questions about Accommodations, please contact [Patty@WellBeingCC.org](mailto:Patty@WellBeingCC.org) or call her at 423-626-9000.
4. **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 (or AT Shelter Camping) is on a fairly level, mowed pasture along the river with bathrooms and hot showers nearby. Sheets, towels and linens are provided for Cabins and Cabinettes, but not for Camping option. (Tiny Houses, Chickadee Cabin and Kingfisher Cabin are considered Private Cabins.)
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. Meals served during the event will be non-vegetarian with a vegetarian option at each meal. Meals will be mostly gluten-free, mostly organic and freshly prepared. If you have special dietary needs, please plan to bring and prepare such foods. (The Cabins have a refrigerator, sink and range; the Cabinettes have mini-fridges.)
6. **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 \$75 per person processing fee. If you are ill immediately prior to the retreat or have been exposed to someone who has Covid-19 immediately before the retreat, please inform Patty that you will not be attending the event and we will refund your full payment.
7. Directions and more information will be included with the lodging confirmation and sent to you by email.
8. Check-in begins at 4:00 pm on Thursday May 4, 2023 and check-out is on Sunday after lunch May 7th by 2:00 pm. If you would like to arrive earlier or stay later, please make those additional arrangements with [Patty@WellBeingCC.org](mailto:Patty@WellBeingCC.org) in advance.

9. 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 2 total hours during the retreat.
10. All guest rooms and meeting rooms are non-smoking. Pets, firearms, and illicit drugs are not permitted on the premises.
11. Payment is due in full at time of registration for your 1<sup>st</sup> choice of accommodations.
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 Well Being Retreat Center.**