

LODGING AND MEALS INFORMATION

LODGING

Lodging for participants is onsite. There are two options for rooms:

- For single occupancy the cost is
 - \$600 (\$150 per night x four nights)
 - \$260 total for meals
\$860 = total for room and meals
- For double occupancy the cost is \$85 per night
 - \$340 (\$85 per night x four nights)
 - \$260 total for meals
\$600 = total for room and meals

Please note: Each dormitory has hallway bathrooms that are shared between all overnight guests in that dormitory. There are no private bathrooms.

- All bedding, linens and towels are provided, along with Shampoo, Conditioner and Shower Gel by **EO®**, a family owned and operated, Certified Organic Manufacturer of personal care products using the highest grade natural and certified organic ingredients.
- Check-in time is 4pm the first day and checkout time is 9am of the last day unless otherwise arranged or noted. If you arrive early on the first day, you are welcome to leave your luggage in the dormitory hallway until the check-in time. The same for the conclusion of the workshop on the last day.

MEALS

Using a bounty of sumptuous, mostly organic, locally grown, seasonal fruits and vegetables and sustainably raised fish and fowl, our kitchen team creates imaginative, eclectic menus that nourish the body, soothe the soul, and warm the heart. Lunches are vegetarian and dinners include fish or chicken as well as a vegetarian option.

Our meals are served buffet style. As we are not a restaurant, we do not take individual orders.

Complimentary tea and coffee are available in the community building from 7:00AM – 7:00PM daily. Coffee and tea supplies are also available anytime the guest kitchen in Chalet #2.