



Summer Retreat

July 14-19, 2013

Accommodation Reservation Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-Mail: _____

Accommodation Type (5 nights per person)	Cost	1st Choice	2nd Choice	3rd Choice
Single Room	\$1,100			
Double Room w/Private Bathroom	\$1,020			
Double Room	\$970			
Triple Room	\$910			
Dormitory (4-7 per room)*	\$870			
Tent (provided by Mt. Madonna)*	\$780			
Your Own Tent*	\$740			
Your Own Van*	\$740			
Cabin	\$970			

*No linens provided for these accommodations.

Mail to:
Carolyn Molohan, 2030 Charleen Circle, Carlsbad, CA 92008
E-mail: shoebrat@sbcglobal.net
(760) 729-9025



Summer Retreat

July 14-19, 2013

Check In: 4:00 pm
Check Out: 1:00 pm
Quiet Hours: 9:00 pm to breakfast time daily

Meals

All meals are vegetarian cuisine. No food may be brought to the Center. If you have special requests, please let Carolyn know in advance. *Meal times may vary during the week - a schedule will be provided.

Breakfast: 8:00-9:00 am*
Lunch: 12:30-1:30 pm*
Dinner: 5:00-6:00 pm*

Linens

Linens will be provided for all guests occupying indoor accommodations, including: sheets, blankets, pillows and pillowcases. (except for those in economy housing, as detailed in the Accommodations table).

Towels

All guests must bring their own towels.

What to Bring

Towels, a flashlight, unscented toiletries and bathing products (no fragrances please), comfortable walking shoes and an alarm clock. You may wish to bring a swimsuit as swimming and a hot tub are available.

Housekeeping

There are no housekeeping services provided. Guests are responsible for maintaining their own living quarters while on property.

Yoga

Yoga classes are available to all guests, free of charge. Classes meet in the Redwood Meditation Room of the Community Building. Class schedule is posted in the lobby of the Community Building.

Hiking

There are many nature trails for guests who are interested in hiking.

No pets, alcohol, drugs or smoking allowed on property.

