

## Mount Shasta Weekend Retreat with Emily Carson September 28-30, 2012

### Lodging

We will be retreating at a rural estate outside the town of Mount Shasta, California. Accommodation is in several single and shared bedrooms, with either private or shared bathrooms. Choice of room is first come, first served. Please let us know if there is someone else coming to the retreat who you would like to room with; otherwise, roommate assignments will be made according to gender.

### Meals

Six meals are included in the retreat price, plus snacks, tea, coffee, juice, and water. The food served will emphasize fresh organic produce, whole grains, and free-range, hormone-free meats, with both vegetarian and non-vegetarian options available. Snacks and leftovers will always be available for those who need to eat outside regular meal times, and every effort will be made to accommodate special dietary needs and preferences.

### Retreatants Staying Off-Site

You are welcome to lodge off-site and join us each morning for the day's activities. However, to keep everyone on-site during the day and to help make meals an integral part of the full retreat experience, the \$175 meal plan is mandatory for all participants.

### Transportation

The town of Mount Shasta is about an hour south of the Oregon-California border, a 6 hour drive from Portland and 4.5 hours from San Francisco. The closest airports are Medford (1.5 hours) and Redding (1 hour). The Sound of Rain will have shuttle service available to and from these airports for a small fee, and we will also help arrange carpooling. Email us at [info@soundofrain.org](mailto:info@soundofrain.org) to discuss transportation options.

### Retreat Schedule (tentative)

#### Friday:

4-5:30pm	Check-in and orientation
5:30-6pm	Welcome by Emily
6-7pm	Dinner
7-8pm	Session with Emily

#### Saturday:

8-9am	Breakfast (available until noon)
9am-noon	Free
noon-2:30pm	Session with Emily
2:30-3:30pm	Lunch
3:30-6pm	Free
6-7pm	Dinner
7-8pm	Session with Emily

#### Sunday:

8-9am	Breakfast (plus sack lunch making)
9am-1:30pm	Mt. Shasta outing (transportation provided)
1:30-3:30pm	Session with Emily
3:30-4pm	Departure