

Welcome to the Mendocino Women's Retreat at River's Bend. We are really excited about the program being offered this year, and are so glad you will be there!

Here's some important information to make your retreat experience delightful. Please read and print out this information as it contains all you need to know, and will be your only email with this information. It is also available at:
<https://www.mendocinowomensretreat.com/blog.html>

FOR THE RETREAT

ARRIVAL: Plan to arrive at River's Bend between 3-4:30pm on Friday, September 15th to register and settle in.

- Please park in the main lot and register and get your name tag before going to unload in your assigned housing. (find directions to housing here:
<https://mendocinowomensretreat.com/forms/arrival-info.pdf>
- The retreat starts with our Welcoming Circle at 5pm followed by dinner at 6:00pm.

CLOTHING/MISC.: Weather can be quite varied, so comfortable, layered clothing is recommended.

- For outdoor times, bring protective sun wear/lotions and bug repellent.
- Bring sturdy shoes for hiking/walking around the grounds, and water shoes and a towel if you plan to go into the river.
- Bring your own beach or lawn chair to be more comfortable both in the meeting room and for outside activities.
- Bring your own coffee mug or drinking bottle if you want.
- Bring a good flash light. Some activities will end after dark.
- Several of our optional activities involve drawing/sketching. Feel free to bring your own utensils, sketch pads, journals...
- We have a fun variety show on Saturday night. Consider how you might create a positive, creative skit, poem, song, dance...to reflect the retreat theme. Feel free to bring costumes and props.
- We will have a tip jar for the cooking/cleaning crew. Please consider bringing cash of at least \$5 for this gift.

ALTAR: Please bring an item for our collective altar that is reflective of the theme, which this year is: Eat, Love, Play! Celebrating Our True Selves. Bring your item to the evening Opening Circle. There will be an opportunity to place it on the altar during the Circle.

SILENT AUCTION FUND RAISER

- Please bring items—new or “re-giftable” for the Silent Auction fund raiser for our Financial Assistance fund. If you have several small or related items, consider putting them together into a fun, themed basket. You can put your items in the Dining Hall and fill out a form after you register.
- Consider offering a social activity sometime during the year, like a movie night, tea party, yoga class, Sip and Paint, etc. For more information about this idea go to:
<https://www.mendocinowomensretreat.com/auction.html>
- Be sure to bring cash or your checkbook to shop the Auction!!

ABOUT THE RETREAT CENTER:

Go to their website for more details and site maps:

<http://www.riversbendretreat.org>

DIRECTIONS: River’s Bend Retreat Center is located at 18450 Ray’s Road in Philo, off Hwy 128. (From Hwy 101, take 128-Fort Bragg exit, just North of Cloverdale. From Hwy 1-South, stay straight at the Hwy 1/Hwy 128 junction at the Navarro River Bridge).

- Ray’s Road is on the NW end of town, between the Redwood gas station and Anderson Valley Inn, and across from Scharfenberger Vineyards.
- Once on Ray’s Road, stay right at the fork, and follow the signs. When you reach River’s Bend, take a right into the parking lot. Park and come to the Dining Hall to register before driving to your housing.

HOUSING: Everyone needs to bring their own towels and toiletries (soap, shampoo, toothpaste).

- Guests staying in lodges:
 - bedding is provided.
 - Floors are rough wood so you may want to bring slippers.
- Guests staying in rustic or tent cabins:
 - Bring bedding—top sheet/blanket or sleeping bag. Bottom sheet and pillow are provided.
 - Bring slippers/shoes for the walk to the toilets/shower house.
- Guests that are camping:
 - Bring your own tent and all sleeping materials.
 - Bring slippers/shoes for the walk to the toilets/shower house.
 - There is a bit of a walk to the retreat buildings, so feel free to bring a bike if you would like.
- Quiet hours are between 9:30pm and 7:30am.

- Please do not arrive before 3:00pm on Friday.
- You will need to be packed and your room/camp site cleaned out before coming to the Closing Circle on Sunday morning.
- No pets are allowed.
- No smoking allowed in any building.

PARKING: Once you register, please unload your things at your housing site and then return your car to the main parking lot.

MEALS: River's Bend will do its best to honor any food restrictions you listed when you registered, though this cannot be guaranteed. You might want to bring your own snacks if you are concerned. Your retreat fee covers 6 meals: Fri. dinner through Sun. lunch. The food is fresh, organic, and non-GMO. (There is no discount if you can't make a meal.)

KITCHEN ANGELS: To keep costs down, all participants are asked to help in the set-up and clean-up of all meals. Please select your time slot(s) when you register. There will also be sing-ups to offer a meal blessing if you would like to do this.

CHEMICALS: This is a chemical and drug-free site. Please no essential oils, fragrances, scented products, deodorants, body lotions, perfumes, strong shampoos...you get the idea!

SERVICES: Cell phone and internet services are quite sketchy.

- There is a guest phone right outside the office building. Staff may be able to relay emergency messages left on the retreat center phone: 707-895-3990.
- There is limited internet service available in the library.
- There is no available laundry service.
- There is no printing or copying service.

If for some reason you cannot make the retreat, at this date it is unfortunately non-refundable. If you can find someone to take your place in your housing, you may receive a partial refund after the event.

If you have questions, please call June at 707-734-0505.

SEE YOU SOON!!