



## GENERAL INFORMATION

### OVERVIEW

*Do you feel like you have too much on your mind?  
Are you unable to settle into some stillness within?*

Treat your whole self to some intuitive wisdom, peace of mind, and centered calmness with teacher, nutritionist and author, Dr. Deanna Minich, on September 6-8, 2019 at the Harmony Hill Retreat Center, in Union, Washington, USA.

This healing retreat is for people who would like to create the space to delve deeper into the mysteries of the mind, including topics such as:

- Intuition
- Imagination & Visualization
- Sleep & Dreamwork
- Storytelling
- Mood
- Memory
- Creative Meditation
- Calmness & Focus



## What will we do at the retreat?

At the retreat, we will:

- Explore the meaning of story and symbolism in our lives as a way to heal
- Dive deeper into journaling, visualization, and meditation for connecting to our intuition
- Learn about tools to harmonize the left, logical and right, creative brain hemispheres
- Create rituals for a healthy brain and a nourished mind based on science and spirituality
- Eat colorful, health-giving, mood-uplifting foods

The retreat is limited to **30 participants**. Reservations will be based on a first-come, first-serve basis.

**Both a signed Agreement and non-refundable payment needs to be received for attendance to be confirmed.**

## Location

Harmony Hill Retreat Center  
7362 E. State Rt. 106, Union, WA 98592 USA  
<https://www.harmonyhill.org/>

**\*\*\*IMPORTANT NOTE\*\*\***

**Please do not contact Harmony Hill about any aspects of this Retreat --- all communications are handled through Food & Spirit via [info@foodandspirit.com](mailto:info@foodandspirit.com).**

## Dates

September 6-8, 2019

Arrive: 4 PM PDT, Friday, September 6, 2019  
Depart : 2 PM PDT, Sunday, September 8, 2019

## Retreat Cost

### Single Room (there are just a few of these):

\$725 Early-bird special (before 12/31/18)

\$750 Regular registration (after 12/31/18)

### Shared Room:

\$595 Early-bird special (before 12/31/18)

\$625 Regular registration (after 12/31/18)

The above costs include two nights stay, meals, and activities.

For shared accommodation, you will be partnered with another person attending the Retreat. If you are attending with a friend, spouse, or partner, and would like a shared room, please inform us at the time of registration. We will do our best to accommodate any stated roommate preferences received **by August 15, 2019**.

**\*There is no payment plan available and the payment is non-refundable.**

## Meals

Harmony Hill is traditionally vegetarian but is offering omnivore protein (i.e., chicken and fish) with prior notification. They will need to know about whether you are dairy-free or gluten-free and any medically-diagnosed food allergies when registering. Please note that Harmony Hill does not accommodate *personal food preferences*. You are welcome to bring with you any special foods you may require during your stay.

## Meal Times

Breakfast: 8:30AM; Lunch: 12:30PM; Dinner: 6:00PM

Coffee & tea available in the morning only

## Coffee/Tea/Water

Harmony Hill is blessed with tap water of bottling quality. Coffee and tea options are offered in all buildings.

## Kitchen Guidelines

The main kitchen in the Harmony Hill Lodge is a commercial kitchen, and so is not open for guests to use or occupy during retreats. As such, they ask that you please do not help yourself to any of the food that is in the Harmony Hill commercial kitchen. Guests have access to kitchenette areas with guest accessible refrigerators, microwaves, and coffee/tea stations. Please clean up after yourselves in the kitchen areas.

## What to Bring

Harmony Hill is located on a rural hillside, with many gravel paths. Bring appropriate footwear and comfortable clothing. No laundry service is available.

Comfortable clothing that you can layer is recommended. Some outside walking between buildings will be required. Due to our unpredictable Northwest weather, an umbrella or other rain gear is highly recommended. Also, please bring a comfortable pair of flat walking shoes with good traction as the terrain is uneven in some places.

Bring whatever you need to help you feel at home, such as personal toiletries, etc. Harmony Hill provides bed and bath linens. They ask that guests refrain from using perfume or cologne out of consideration for any guests with chemical sensitivity.

## What is NOT Allowed at Harmony Hill

- Smoking within 25 feet of building
- Pets; Due to the fact that many guests have allergies to animals, Harmony Hill has a no-pet policy on the grounds and in the buildings. Exceptions will be made if you have a condition that requires you to be accompanied by a service dog. Please notify Guest Services in advance.
- Candles
- Illegal drugs

## Getting to Harmony Hill Retreat Center

Harmony Hill  
7362 WA – State Route 106  
Union, WA 98592

Approximate driving times:

From Seattle – 2 hours  
From Tacoma – 1 ½ hours  
From Olympia – 45 minutes  
From Bremerton – 45 minutes  
From Shelton – 20 minutes  
From Portland – 2 ½ hours

Driving time can be affected by traffic, weather conditions, ferry schedules, and road construction. Give yourself extra time.

## Nearby Airports:

[Seattle Tacoma \(SEA\)](#)

[Bremerton Airport \(BNA\)](#)

[Shelton Airport \(KSHN\)](#)

[Portland International Airport \(PDX\)](#)

## Rental Car Information:

- Alamo: 1-800-462-5266 or [www.alamo.com](http://www.alamo.com)
- Avis: 1-800-331-1212 or [www.avis.com](http://www.avis.com)
- Budget: 1-800-527-7000 (local reservations), (800) 527-0700 (out-of-town reservations) or [www.budget.com](http://www.budget.com)
- Dollar Car Rental: (206) 433-5825 or [www.dollar.com](http://www.dollar.com)
- Enterprise: (206) 246-1953 or [www.enterprise.com](http://www.enterprise.com)
- EZ Rent-A-Car: (206) 444-4974 or [www.e-zrentacar.com](http://www.e-zrentacar.com)
- Firefly Car Rental: 1-888-296-9135 or [www.fireflycarrental.com](http://www.fireflycarrental.com)
- Fox Rent A Car: 1-800-225-4369 or [www.foxrentacar.com](http://www.foxrentacar.com)
- Hertz: 1-800-654-3131 or [www.hertz.com](http://www.hertz.com)
- National: 1-800-328-4567 or [www.nationalcar.com](http://www.nationalcar.com)
- Payless: 1-800-PAYLESS or [www.paylesscar.com](http://www.paylesscar.com)
- Sixt Rent A Car: 1-888-SIXTCAR (888-749-8227) or [www.sixt.com](http://www.sixt.com)
- Thrifty: 1-877-283-0898 or [www.thrifty.com](http://www.thrifty.com)

## Transport:

From Sea-Tac Airport to Union: <http://www.capair.com/>

Portland International Shuttle Information: <http://www.capair.com/>

\*If you are interested in taking the shuttle to Harmony Hill, please indicate that on your registration form, and we will help connect you with other participants who are interested in sharing the shuttle in early August 2019.

## Directions and Map

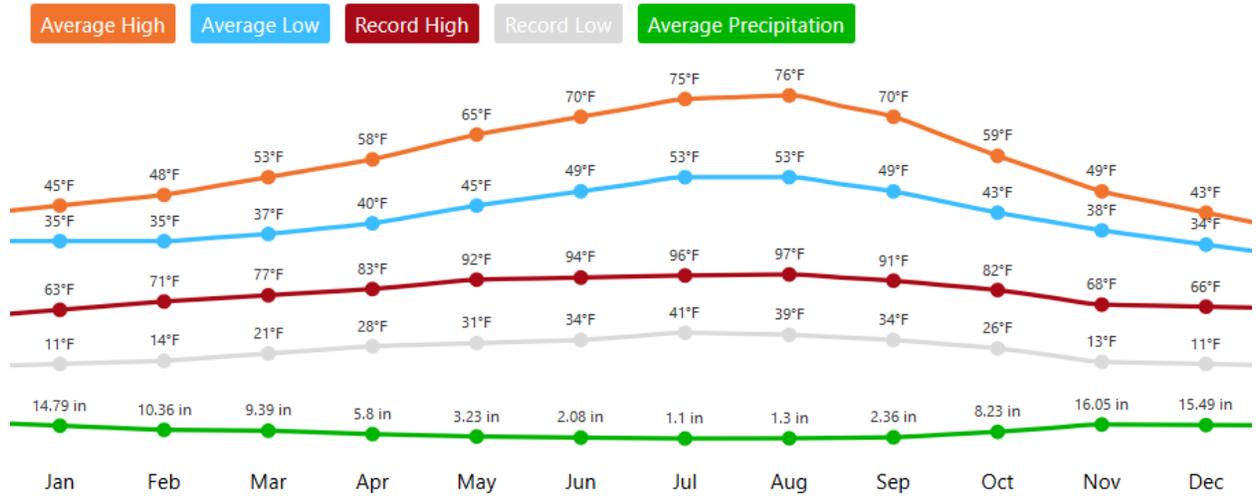
Below are links for the campus map and for driving directions.

Directions: <http://www.harmonyhill.org/wp-content/uploads/2015/05/HH-Directions.pdf>

Site Map: [https://www.harmonyhill.org/wp-content/uploads/2015/07/HH\\_sitemap.pdf](https://www.harmonyhill.org/wp-content/uploads/2015/07/HH_sitemap.pdf)

## Weather

Temperatures in September average at 70°F with low precipitation.



August is on average the **WARMEST** month.

December is on average the **COOLEST** month.

## How to Reach Harmony Hill

Hospitality Phone (7am-8pm during retreats): (360) 545-5208

Harmony Hill Office (Mon-Fri, 9am-4pm): (360) 898-2363

Emergency Cell Phone (weekends, evenings, holidays): (360) 463-6641

Please give their emergency phone number to family or friends who may need to reach you during your stay (as cell phone service is limited with certain carriers). Please kindly let your family or friends know not to use the emergency number unless it is urgent.

## Internet

Harmony Hill offers wireless internet service. The password for their network is **wellness**. Some areas on campus may offer higher connectivity than others. The bedrooms in Creekside and each building's meeting space also offer high speed internet connection cables. A guest computer with internet access is located in the Resource Library upstairs in the Main Lodge.