Life-Force Formula Immersion Retreat
Wednesday June 4th– Sunday June 8th
Shady Creek Retreat Center
18601 Pathfinder Way
Nevada City, CA

General Info
Congratulations on making the decision to participate in the Life-Force Formula Immersion Retreat! This amazing experience will take place in the beautiful foothills of the Sierra Nevada Mountains, just outside of Nevada City, CA. The location for the retreat is the beautiful and scenic, Shady Creek Conference Center.

Below is all the info you need to make your retreat comfortable and your travels easy.

Environment
The environment in the Nevada City area during June can range from warm summer weather to cool spring conditions and crisp at night. The average temperatures in Nevada City in September range from a high of 80 degrees with a low of 50 degrees. Be sure to bring plenty of layers especially if you plan on attending Sunrise Sadhana. Please visit www.weather.com for accurate weather information as the retreat date approaches.

Travel Info
Arrival Date
The course begins the evening of Wednesday, June 4th. Therefore, you should arrive in the area by midday Wednesday and are welcome to arrive at the Shady Creek facilities when check in begins at 3pm. Dinner will be provided that evening at 6 pm by Shady Creek with an evening class at 7pm.

Departure Date
The course ends at 1pm on Sunday, June 8th followed by lunch. After lunch, everyone must be off the Shady Creek property by 2pm.
**Airports**
The Sacramento and Reno airports are the closest to the retreat facilities, both being about an hour and a half drive from Shady Creek.

**Transportation to and from the airport**

We are excited to announce that Floracopeia will be providing a shuttle service to and from the Sacramento Airport for the Life Force Immersion Retreat. Cost for this service will be only $50 each way. You can purchase the shuttle as part of your registration package or contact our office at 866-417-1149 to pay for the shuttle and confirm your spot.

The shuttle will be departing from the Sacramento Airport on **June 4th at 3:30pm**. The shuttle will depart from Shady Creek at **2pm on June 8th**. These are the only times a shuttle service will be available. Please plan your flights accordingly. A list of hotels with shuttles to the Sacramento Airport is available upon request. Please email your flight information and arrival time to floracopeiaretreats@gmail.com.

Shuttle service from the Sacramento Airport is also available through Foothill Shuttle and Charter Service. They are a locally run shuttle with excellent service. They can be reached at www.foothillshuttle.com or 530-432-3235 or 530-210-9085

**Driving Directions**  Please do not rely on Mapquest or GPS for directions past Nevada City- they will take you on a dirt road. Reference the directions below as you travel.

Shady Creek Conference Center is located at 18601 Pathfinder Way Nevada City, CA 95959. Please compare any internet map searches to the directions below before departing.

**From Sacramento International Airport**
Take I-5 N/CA-99 N. Merge onto I-80 east via exit 522 towards Reno. Take the CA-48 exit, exit 119B, towards Grass Valley/Placerville. Turn left onto CA-193/CA-49. Continue to follow CA-49 N. Turn left onto CA-49. In approximately 10 ½ miles turn right onto Tyler Foote Rd. One mile turn right onto Pathfinder Way.

**From Reno**
Take I-80 out of Reno. Take Highway 20 to Nevada City/Grass Valley. Turn right onto Hwy49 towards Downeyville. Approximately 10 ½ miles turn right onto Tyler Foote Rd. – turn right after one mile onto Pathfinder Way.

**From the North**
From I-5 take Highway 99 south through Chico. Take Highway 149 east to Oroville. Highway 149 becomes Highway 70. Take Highway 70 south about 26 miles towards Marysville. Turn left on Woodruff Lane (after Magnolia Lane, if you reach Bettoncourt you have gone too far). Stay on Woodruff Lane. Turn Left to head towards Grass Valley.
Turn left onto Highway 20 towards Grass Valley. Go about 26 miles. Merge Left onto Highway 20/Hwy 49 at Grass Valley. Turn left after just over 5 miles onto Hwy 49. Take highway 49 for approximately 10 ½ miles, turn right onto Tyler Foote Rd. – turn right after one mile onto Pathfinder Way.

**From the South**
From I-5, take the Marysville/Yuba City exit (Highways 70/99). Take Highway 70 to Marysville. From Marysville, take Highway 20 east toward Grass Valley. Take 20/49 East towards Nevada City. Take Hwy 49 towards Downeyville. In approximately 10 ½ miles turn right on Tyler Foote Rd., one mile turn right on Pathfinder Way.

**Planning Your Expenses**
Expect very good, one-time only offers on upcoming courses and events. Floracopeia oils and other products will be available for purchase. You may also wish to bring a sturdy bag to store and travel with your purchases.

**General Course Schedule**
Wednesday, June 4th: Check in after 3pm
   - Dinner at 6 pm
   - Evening Course 7pm

General Daily Schedule:
5am-7:30am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)
8am-9am: Breakfast
9:30am-1pm: Morning Session
1pm-2:30pm: Lunch
2:30pm-6pm: Afternoon Session
6pm-7:30pm: Dinner
7:30pm: Special Evening Program

Sunday, June 8th Schedule:
5am-7:30am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)
8am-9am: Breakfast/Pack Belongings
9:30am-1pm: Morning Session
1pm-2:00pm: Lunch
2:00 Shuttle pick up at cabins

There are breaks for meals and throughout the day.

**What To Bring**
To make your experience at the retreat comfortable please bring the following items:

*For attendees staying overnight at Shady Creek:*
• Appropriate clothing for range of cool or warm days and cooler evenings and mornings
• Rain gear or waterproof jacket
• Comfortable walking shoes
• Bedding - warm blankets, sleeping bag or sheets, pillow
• Yoga mat, meditation cushion and/or firm blanket for sitting on, yoga strap or something that can work as one. No cushions or mats will be provided, please bring your own!
• All toiletries
• A towel and wash cloth
• Flip flops or shower shoes
• Swimsuit for river and creek
• Battery powered alarm clock
• Daypack to hold the things you will want to have with you over the course of each day
• Flashlight with spare batteries
• Water bottle
• Reusable mug for tea or coffee
• Reusable bag for purchases
• Personal first aid kit with any medications you might need
• Journal and/or notebook and pens
• Please bring earplugs and sleep mask if you are a light sleeper.

For Attendees camping at Shady Creek

• All of the above, plus the following
• Tent – you must have a dependable tent rated for cool weather and rain. Most campers prefer a tent large enough to stand in. Please bring a tent fly and tarps in case of rain.

• Mattress pad from sleeping on the ground and warm bedding.

For Attendees staying off site

• Meditation cushion or backpack chair, blanket and a yoga mat. No cushions or mats will be provided, please bring your own.

• Flashlight with spare batteries

• Water bottle and travel mug

• Daypack to hold the things you will want to have with you over the course of each day and for purchases.

• Journal and/or notebook and pens

• Appropriate clothing for variable weather and comfortable shoes.

What NOT to Bring
To help maintain the health and long life of the Earth, we are conscious of preserving the ecological balance onsite. Please keep this in mind as you select items to bring with you.

• Please do not bring any aerosol sprays or other toxic toiletries.

• Use items that have only a minimum of disposable packaging.

• FIRE WARNING: DO NOT BRING FLAMABLE ITEMS OR MAKE USE OF ANYTHING WITH OPEN FLAMES OUTSIDE.

Please note that there is limited cell phone signal at Shady Creek and that the wireless connection is not reliable. Please think of this as an opportunity to unplug and unwind while you are at the retreat.

In case of emergency only- The phone number for Shady Creek Main office is (530)292-3436 or the Kitchen staff is (530) 292-3454. You can have your contacts email floraopeiaoffice@gmail.com or call our office 866-417-1149 as we will be checking emails and messages throughout the retreat. Please note that this is only for emergency purposes.
**Offsite Local Accommodations**

We recommend staying on site since the days are full and the drive to town is long. If you choose to stay in town we recommend the following inns or hotels.

Below is accommodation information if you choose to stay offsite or extend your stay.

**The Outside Inn** [www.outsideinn.com](http://www.outsideinn.com) 575 East Broad Street, Nevada City, CA (530) 265-2233
**The Broad St. Inn** [http://broadstreetinn.com](http://broadstreetinn.com) 517 West Broad St, Nevada City, CA (530)-265-2239
**Northern Queen Inn** [www.northernqueeninn.com](http://www.northernqueeninn.com) 400 Railroad Avenue, NC, CA (530) 265-5824
**Our Sweet Retreat** [www.oursweetretreat.com](http://www.oursweetretreat.com) 11569 Bridges Lane, Nevada City, CA(530) 470-8449
**The National Hotel** [www.thenationalhotel.com](http://www.thenationalhotel.com) 211 Broad Street Nevada City, CA (530) 265-4551
**Piety Hill Cottages** [www.pietyhillcottages.com](http://www.pietyhillcottages.com) 523 Sacramento Street, Nevada City, CA (530) 265-2245

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**Recommended Restaurants**

Ike's Quarter Cafe [www.ikesquartercafe.com](http://www.ikesquartercafe.com) / 401 Commercial St, Nevada City, CA (530) 265-6138
Sopa Thai [www.sopathai.net](http://www.sopathai.net) / 312-316 Commercial St, Nevada City, CA (530) 470-0101
New-Moon Cafe [www.thenewmooncafe.com](http://www.thenewmooncafe.com) / 203 York St, Nevada City (530) 265-6399
The Fix [http://site.thefixforfoodies.com](http://site.thefixforfoodies.com) / 205 York St, Nevada City (530)-478-1333
The Organic Grill [www.californiaorganics.org](http://www.californiaorganics.org) 135 Argall Way #A Nevada City, Ca (530)-265-9392
Treats [www.treatsnevadacity.com](http://www.treatsnevadacity.com) 110 York St. Nevada City, Ca (530)913-5819

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**Local Health Food Stores**

BriarPatch [www.briarpatch.coop](http://www.briarpatch.coop) 290 Sierra College Dr, Ste A Grass Valley, Ca 530-272-5333
Ca Organics [www.californiaorganics.org](http://www.californiaorganics.org) 135 Argall Way #A Nevada City, Ca 530-265-9392
Natural Selection 589 E Main St, Grass Valley, CA (530) 272-8789
Healthy Valley 562 Sutton Way, Grass Valley, CA (530) 273-6525