

Retreat on the Maine Coast – FAQs

What time is check in?

Friday - 4:00 – 6:00 pm – No Early Birds please. Rooms are assigned in advance upon registration for the retreat. There is no need to rush or arrive early.

Where is the entrance?

Drive around the left side of the building to the back. Please enter through the sliding glass door. If the second door is locked, please ring the bell. The check in desk is just inside the door.

Where do I park?

There are two lots, the upper lot, close to the back door and the lower lot. For off loading you are welcome to use the upper lot. Once you have completed off loading, please park your car in the lower lot for the weekend.

What meals are included?

Friday - Dinner

Saturday -Breakfast, Lunch and Dinner,

Sunday – Breakfast

Do I have to participate in everything/the whole schedule?

Absolutely not, this is your retreat; we want you to do what serves you best. If a session/class speaks to you, join in, if not, you are welcome to spend your time however you like as long as it is within the guidelines of the center and respects the center. You can do everything, or nothing, or a little bit here and there. Most of all enjoy!

What time is check out?

Check out is at 10:00 am on Sunday. You are welcome to stay and use the beach and grounds as long as your items are out of your room.

Feel free to stay and enjoy the grounds, ocean and spiritual center for as long as you like!

How long does it take to get there?

Typically it takes two hours to drive to the Retreat Center, depending on traffic and where you are coming from.

A retreat at the beach in November?

Yes! It's New England, sometimes it's warm and sometimes it's cold. Either way, there is great walking on the beach, or exploring in the surrounding area. We always have a great time, no matter the weather. We are together in a peaceful place and everyone leaves refreshed after this short break away.