

Louix Dor Dempriey Foundation

New Year's Eve Retreat (28 December 2016 – 2 January 2017)

General Information

Location: Rancho Bernardo Inn

17550 Bernardo Oaks Drive
San Diego, CA 92128

- Registration for the retreat will commence in the loggia (covered walkway) at 2:00 p.m. on Wednesday, 28 December 2016. Room check-in will be at 4:00 p.m.
- If you arrive at Rancho Bernardo Inn before 4:00 p.m., you may leave your luggage with the bellman. Please let them know that you are with the "Louix Dor Dempriey Foundation Group."
- When checking into your room, you will be required to provide a valid credit card.
- Our first group meal will be served at 6:30 p.m., and the evening program will commence after dinner, at approximately 8:00 p.m. The retreat will conclude at 2:00 p.m. on Monday, 2 January 2017.
- Please book your room for dates pre and/or post retreat as soon as possible after registration. This time of year is the peak period for the venue and they cannot guarantee room availability.

Preparation

Spending time in the presence of Louix will bring immense infusions of Light into your body. To prepare yourself, and to ensure you receive the highest amount possible, it is highly recommended that, for at least 3 days prior to the retreat, you consume foods and liquids that cleanse and purify your body. Increase your intake of pure water, raw fruits and vegetables, and green superfoods (such as spirulina, wheat grass, etc., if they are already in your diet). Cut back on refined sugar, caffeine, nicotine, alcohol, processed foods, meat, and dairy.

Accommodation



Located in San Diego, California on a sprawling 265-acre property, Rancho Bernardo is a destination resort known for its exquisite golf, spa facilities, and exceptional cuisine. It is a place to play, to relax, to unwind, to reconnect, or to enjoy with a group while finding a little time for yourself. Rancho Bernardo Inn is as warm and welcoming as home!

Special Offer for Extending Your Stay

Rancho Bernardo Inn has graciously offered all attendees of this retreat the opportunity to stay at the venue up to three days before and/or three days after at a rate of US\$167.00 per night (plus taxes). Resort fees, maid gratuities, and food taxes during these additional days are the sole responsibility of the attendees. The regular standard rate for the rooms you are staying in is US\$269.00 per night. A discount of 10% is also being offered on their spa services. You will need to inform them that you are part of the “Louix Dor Dempriey Foundation Group” to receive the discount. Please read the appropriate section below for details.

If you are interested in taking advantage of the room discount and extending your stay before or after the retreat, please call Rancho Bernardo Inn directly (for the additional days) at (888) 976-4417 and mention that you are part of the “Louix Dor Dempriey Foundation Group.”

Room Sharing



We will endeavor to suitably match all guests and to honor all requests for room sharing as designated by you in the Additional Information Form. Please understand, however, that we cannot guarantee specific room assignments, and we ask for your cooperation in this regard. Please refrain from using candles, incense, or oil burners in your room.

Resort Services

Telephone

Phone calls made from within your room will be billed directly to you at the end of the retreat. Please check the rates before using the phones in the hotel, as there may be extra charges for phone usage, and calls can be quite expensive.

Please do not take cell phones into the main meeting hall or dining area to receive or take calls. If required, you may make calls during breaks or from your room. It is recommended that you keep your contact with the outside world to a minimum and immerse yourself in the retreat and the vortex being created.

Internet

Complimentary Internet access is provided within each guest room. A pass-code will be given upon check-in. As with phone calls, it is recommended for the duration of the retreat that you refrain from using the Internet, unless absolutely necessary.

Pool and Spa

There are three pools on the property, all of which are heated and have hydro spa's, so please remember to pack your bathing suit.

- Santiago Pool – this is the family pool which is open from 6 a.m. – 1 a.m.
- Bernardo Pool – this is the adult pool which is open from 6 a.m. – 1 a.m.
- Spa Pool – exclusive for spa guests who are receiving treatments only, hours are Sun – Thurs 9 a.m. – 6 p.m. and Fri – Sat 9 a.m. – 7p.m., this is a saline lap pool

Whether you want to feel relaxed, energized, or uplifted, the Spa at Rancho Bernardo Inn has the ideal massage treatment for your preference(s). Retreat attendees can enjoy a 10% discount on all spa services for the duration of their stay—this discount is also applicable for the 3 days before or after the Retreat. If you would like to reserve a spa treatment, it is recommended that you do so prior to your stay to ensure availability, especially for the days before and after the retreat. Bookings can be made throughout the retreat, however, Rancho Bernardo Inn cannot guarantee availability. Please call the spa directly to make reservations for spa treatments.

Spa menu: <http://www.ranchobernardoinn.com/spa/spa-menu/>

On-line booking: <https://psmsspa-northcentral.azurewebsites.net/#/en-US/rancho-bernardo-inn/spa/>

Retreat Specifics

Food & Meals

All meals are included in the cost of the retreat.

- Vegan meals and beverages (including purified drinking water) will be provided during the retreat. Your first meal will be dinner served on Wednesday, 28 December 2016 at 6:30 p.m. The final meal will be lunch served on Monday, 2 January 2017.



- No alcohol or caffeinated products will be served or made available during the retreat (with the exception of green tea and yerba mate tea).
- Rancho Bernardo Inn is a non-smoking property, no smoking is allowed in guest rooms or any indoor areas.

Dress

- Please dress respectfully during the retreat. While casual clothing is allowed, it is recommended that you bring at least one dressy outfit (for our New Year's Eve celebration). In addition, while many people do choose to wear white or some form of sacred clothing during Darshan and/or other ceremonies (a tradition around spiritual Masters), this is not a requirement; you may wear what you feel is appropriate for you. If you are unsure, or have further questions, please call.

- It is also a good idea to bring a wrap or blanket to have with you during the retreat, as it is quite common for people to go through energy shifts and temperature changes when healings take place. There may also be some outdoor activities as part of the program.
- Please do not wear shoes in the meeting room. There will be a designated area provided outside the room to store them. If your feet tend to get cold, please bring socks.
- Wearing perfume, cologne, or fragrant oils of any kind (except 100% pure essential oils) is prohibited for the duration of this retreat—in or outside of our group sessions/gatherings.

Health

If you have any specific health or medical needs, please let us know when you fill out the Medical Information form that is included in the Welcome Packet.

Recording & Photography

- Attendees are welcome to take photos during the retreat. However, please use discretion when taking pictures and be sensitive to the physical and emotional needs of others, especially when using a flash. If you have a digital camera, please turn off all sounds.
- Rancho Bernardo Inn is first and foremost a vacation spot for all its guests. Resort management asks that guests' privacy be respected at all times, therefore, taking photographs or filming other guests is not allowed under any circumstance.
- Please do not bring any type of audio/video recording equipment to the retreat, other than film or digital cameras.

Caring for Your Children

Children of all ages (infants included) are welcome at the retreat. Their love and joy is a blessing to all of us. During the retreat, a roster of staff members will be assigned to oversee the needs of the children throughout the day. There will be a full-time, designated, and chaperoned play room, which will offer various games, creative projects, and other activities that are stimulating and fun. In addition, hiking, tennis, swimming, ping-pong, and croquet are some of the activities available for them to enjoy. Children are always welcome to participate in any aspect of the retreat. If your child has any special needs, please let us know.

Tips & Gratuities



As indicated on your registration form, all taxes and gratuities are included in the cost of this retreat. Therefore, there are no additional charges or gratuities required for porters, housekeeping, or for any food or meals that are included as part of the retreat package.

(A note to our international guests: Please be aware that outside of the retreat, tipping is a standard practice in the United States. A 15-20% tip is customary in restaurants, for taxis, and for a variety of service industries.)

How to Get There

Rancho Bernardo Inn is located 110 miles (177 kms) from Los Angeles, CA., and 27 miles (44 kms) from San Diego International Airport (SAN).

You can rent a car in San Diego and park at Rancho Bernardo Inn throughout the dates of the retreat. Parking is complimentary. Car rental can be organized upon arrival at the airport, or in advance with your preferred travel provider.

<http://www.san.org/Parking-Transportation/Rental-Cars>

Rancho Bernardo Inn is located in San Diego, 30 minutes from San Diego International Airport (Lindbergh Field), near many visitor activities and attractions.

From San Diego International Airport:

- Take Harbor Drive south (toward downtown)
- Turn left at Grape Street
- Go east to the top of the hill, then take Interstate 5 south
- Stay in the right lane and follow Route 163 north toward Escondido
- (Route 163 becomes Interstate 15)
- Take the Rancho Bernardo Road exit east to Pomerado Road (4th light)
- Turn left on Pomerado Road
- Turn left onto Greens East Road
- Follow the signs to the resort entrance

From Interstate 15:

- Take the Rancho Bernardo Road exit east to Pomerado Road (4th light)
- Turn left on Pomerado Road
- Turn left onto Greens East Road
- Follow the signs to the resort entrance

Driving directions link from the Rancho Bernardo Inn website:

<http://www.ranchobernardoinn.com/contact-us/driving-directions>

Passports & Visas (For International Travelers)

Most citizens from Canada and those from Visa Waiver Program (VWP) countries may be eligible to enter the United States (U.S.) without a visa if they present a valid passport at the U.S. port of entry. Currently, 38 countries participate in the Visa Waiver Program. Some of the Visa Waiver Program countries include Australia, New Zealand, and the United Kingdom. Other foreign citizens will need a non-immigrant visa.

PLEASE NOTE: As of April 1, 2016, to enter the United States under the VWP, your passport must be:

- machine-readable and have a digital photograph if issued on or after 26 October 2005; or
- an e-Passport if issued on or after 26 October 2006.

For all information relating to visas, the Visa Waiver Program, and entry into the U.S., please click this link: www.cbp.gov/esta and/or consult with your travel specialist.

In most cases, you will receive all the required paperwork for entry into the U.S. on your flight prior to arrival.

Please remember to confirm your flight details at least 72 hours prior to departure.

Travel Insurance

Travel insurance is your responsibility and is recommended to cover loss from trip cancellations, natural disasters, unexpected illness, loss of luggage, etc. Please contact your local travel agent to obtain insurance information.

Climate

San Diego, California is categorized as a Mediterranean climate. It enjoys mild, sunny weather year round. In December, the average temperature during the day in San Diego is 65 °F (18 °C) and the average temperature in the evening is 49 °F (9 °C). It is recommended that you bring warm clothing, including a winter jacket, hat, gloves (and any other items of clothing you may feel necessary), and a good pair of hiking shoes for outdoor gatherings or activities.

Time Change

For information on international time zones, please go to: www.worldtimeserver.com

Administration

All attendees **must** sign and return a **Recording Release, Liability Waiver, and Medical Information** form as a condition of attendance at this event. If you do not complete and return these forms, you will not be permitted to participate in the retreat.

Included in your registration are 6 days, 5 nights accommodation at Rancho Bernardo Inn; all vegan meals throughout the retreat; all gratuities; parking; a celebratory dinner on New Year's Eve; as well as all discourses and ceremonies with Louix Dor Dempriey. Your registration fee does **NOT** include: items of a personal nature, spa services, sundry expenses incurred during your stay at the venue, and travel and travel-related expenses to and from the retreat.

Cancellation Policy

All cancellations must be made in writing as per the registration form. The initial deposit is non-refundable. The second payment is due on 1 August 2016, and final payment is due on 1 November 2016. Please refer to the Payment Schedule located on the back of the registration form for details. Refunds may take up to 45 days to be issued.

A Reminder...

Please be mindful that this is—first and foremost—a divinely orchestrated healing retreat to facilitate and accelerate your personal growth and expansion. Because of its transformational nature, it is common for personal and emotional issues to arise, and for spontaneous healings to take place. It is recommended that you attend all the scheduled activities throughout the retreat to derive the maximum benefit possible over these six very special days.

It is also highly recommended that you stay onsite for the duration of the retreat. If you are interested in enjoying some of the beauty and activities of the San Diego area, please consider extending your stay at the resort before or after the retreat at the discounted rate.

Should you have any further questions or concerns regarding this retreat, please contact Samantha Farber at: (888) 288-3735 x702 or e-mail: samantha@Louix.org or contact Kharananda Mayi at +61 (3) 9885-2993 or email: kharananda@Louix.org.

With love and gratitude,

Samantha Farber and Kharananda Mayi
Event Producers
Louix Dor Dempriey Foundation