



## PROGRAM PARTICIPANTS GUIDE

Welcome to Blue Deer Center! Thank you for choosing to visit this sacred land to experience healing in nature. Located in the New York Catskills, Blue Deer is nestled on 93 acres of land recognized as an important place of conflict resolution. The center is surrounded by the calming presence of the mountains and the river of peace (Saskawhiwine).

### SUPPORT FOR YOUR STAY

#### Arrival/Departure

**Arrival-** Check-in for your program is from 4-6PM at the administration office. Our staff and volunteers will help you get settled. Orientation will take place in the Yurt at 6:30PM. Please make sure to arrive on time, as this is an opportunity for guests to connect with staff, learn about Blue Deer, and ask questions.

**Departure** - Plan to check-out after your last meal, which will be either breakfast or lunch or after closing ceremonies depending on the program. If you need to extend your stay, you may register for an additional night (no meals provided).

**Travel Arrangements** - Please send us an email with your estimated arrival and departure dates/times to the center: [transportation@bluedeer.org](mailto:transportation@bluedeer.org).

**Meals** - On the first night, dinner will be served at 7PM (unless otherwise specified).

## **Essentials**

**Weather** - We are located in the mountains, so temperatures may be cooler than you expect. Come prepared for changing temperatures.

**What to Bring**- Here is a list of recommended items to make your stay comfortable:

- masks
- flash light/headlamp
- toiletries, sunscreen, insect repellent
- water bottle
- hat, umbrella or rain gear
- walking shoes, slippers
- warm jacket
- bathing suit
- notebook/pencil
- back pack
- travel alarm

Note: We ask that you remove your shoes in indoor spaces. For that reason, we recommend shoes that slip on and off easily.

**What NOT to Bring:**

- pets
- recreational or illicit drugs and alcohol
- expensive valuables (there are no safes and we cannot guarantee their safety)

**What is Provided** - Bedding, linens, and towels.

**Food Service** - We will dine on meals that are lovingly and sustainably prepared each day – our menu is local and organic whenever possible. Tea service will be available at all times.

We offer three types of meals: Omnivore, Vegetarian, Vegetarian w/fish. We accommodate special diet requests for gluten and dairy free only. Please make sure you specified these requests during your registration.

We encourage you to bring your own snack foods if you have a restricted diet. We will supply a refrigerator and a small indoor space in which to store these snacks safely.

**Cell Phones/Computers/Wifi** - To support the experience of unplugging and withdrawing from the outside world and immersing in the peacefulness of nature, the use of cell phones, computers or any other electronics will be limited. Please no use of electronics in public gathering spaces. There is limited cell phone reception and Wifi is only available in certain areas. We recommend keeping your use of electronics to your rooms. You can make calls using the guest phone in our lounge if needed. There is no international calling available. We ask that you refrain from taking photos during your stay, to stay present with your experience. If you are inclined to take photos, please wait until after your program has ended. We ask that you be respectful of others.

**Iyari (ee-yah-ree)** - The benefits received at Blue Deer are the result of generosity - many hands helping out and giving as a community. As a part of your stay, we ask all participants to practice the exchange of Iyari. For all programs this will be in the form of taking a shift or two in the dish-room after meals.

### **Additional Information**

**Program Instructions** - If your program provider has specific guidelines or preparations, you will receive communication before your arrival.

**Huichol Art Boutique** - Blue Deer has an art gallery that is open at specific hours for you to purchase Huichol Art. The art comes directly from the artists and the income is extremely helpful for their families and community.

**Laundry** - Facilities are not available at this time.

**Travel** - See our Transportation page for more information.

### **Contact**

Transportation : [transportation@bluedeer.org](mailto:transportation@bluedeer.org)

Reservation/program: Linda Felch, [lindafelch@bluedeer.org](mailto:lindafelch@bluedeer.org)

Food Services: [catering@bluedeer.org](mailto:catering@bluedeer.org)

Blue Deer is a 501(c)3 non-profit healing retreat organization whose mission is to offer healing in nature. People come from all over the world to immerse in Blue Deer's transformative programs – a place to take a pause from the struggle of everyday life to restore, connect with spirit, and ultimately find balance in life by reawakening our deepest knowing of nature and wisdom traditions.