



LOTUS POND YOGA

Lotus Pond Mountain Immersion, October 24-29, 2021

Check-in Sunday, October 24 (Meet and Greet at 5:30 pm)
Check-out on the morning of Oct 29 (No Session on the 29th)

Room Reservations

- All room reservations are made through the Art of Living website
- www.artoflivingretreatcenter.org, search for “Higher Ground” retreat.
- Reserve early to get your choice of accommodations.

AOL Address

The Art of Living Retreat Center
639 Whispering Hills Rd. Boone, NC 28607.

*Driving directions will be shared prior to the retreat date.

Phone Numbers

The Art of Living Retreat Center (800) 392-6870
Art of Living Spa (828) 264-8382
Val Spies (813) 956-3506

Nearest Airports

Airports within driving distance from the Art of Living Retreat Center

- Charlotte-Douglas International Airport (CLT) in Charlotte, NC (100 miles, *easiest route – most students use this airport*).
- Tri-Cities Regional Airport (TRI) in Johnson City, TN (80 miles)
- Asheville Regional Airport (AVL) in Asheville, NC (107 miles)

Sharing a rental car from the airport with other students is a good idea. Ride Share info will be provided to the students by the beginning of September.

Shuttle Service

The Hickory Hop shuttle goes from Charlotte airport to Boone several times daily. The cost is \$90 each way (\$160 RT) per person. Confirm that you are going to the Art of Living Retreat Center in Boone. Reservations are required, so please book ahead by contacting them directly. Bookings are **non-refundable**, so check on Ride Share with the other students before making reservations. For Hickory Hop reservations, call (828) 327-2340