

General Retreat Information:

PLEASE MAKE PAYMENT for retreat to:

Joanne VandenHengel  
1350 CRUCIBLE STREET  
PGH 15220

We will meet for a potluck on Thursday in the Manor. If you'd like to rsvp to bring a dish, please remember to email Rachael at [rae.evolve@gmail.com](mailto:rae.evolve@gmail.com).

The end of this document includes what to bring and alternate directions to Olmsted. Be warned that GPS systems routinely fail in this part of the world.

Your room assignment will be waiting for you at the Lodge Registration Desk Check-in Area when you arrive.

The Menu:

All Breakfasts Friday -Sunday: Oatmeal, Yogurt, Fruit, Eggs, and Toast, Juice  
Lunch Friday: Vegetarian Chili, Breads and Dessert  
Friday Dinner: Salad Bar, Breads, and Dessert Buffet  
Saturday Lunch: Baked Potato Bar, salads, Breads and Dessert Buffet  
Saturday Dinner: Vegetarian Tomato Basil Marinara and Pasta, Salad, Breads and Dessert

\* We welcome any additions you would like to add to the table.

\*If you have specific dietary needs, please bring food labeled for your use only, but do not call the kitchen with special requests.

Please consider bringing a cash tip to leave for the cleaning crew and kitchen staff. There will be a basket at the Lodge registration desk.

Please read and save this general information:

1.

Drop off any food items you are contributing to the retreat meals in the Lodge Kitchen. Please label the item and the meal it pertains to (ex.: bread for Saturday dinner) and label your container with your full name if it is not disposable. Please be sure to claim your container before leaving the retreat. The refrigerators for our use are located in the storage area below the kitchen.

2.

The Lodge kitchen is open for your use when the staff is not preparing a meal for us. You may reheat a meal; make tea or hot chocolate, etc. Please be sure to clean up after yourself.

3.

EVERYONE IS REQUIRED TO BRING A WATER BOTTLE or TWO. If you prefer other drinks or specific water, please bring your own supply.

4.

Check the Olmsted website for directions including a destination address to set your GPS system. Olmsted Manor, Ludlow PA 16333 [www.olmstedmanor.org](http://www.olmstedmanor.org)

5.

Cell phone access is very limited. There is one onsite land phone to use in a small room off the Manor Kitchen. You will need to purchase a prepaid phone card if you intend to use the provided landline. Check the Olmsted website for emergency contact numbers to leave with your family.

6.

Please bring your own mat and Yoga props including a blanket or two for relaxation and restorative postures. This is required!

7.

Bring your own toiletries. Towels and linens provided.

8.

Bring anything particular to your dietary needs. The Manor Kitchen Frig will be delegated for those with specific dietary needs. Please again label your item and mark it for your use only. Please dispose of or take home any unused items.

9.

Remember please, no alcoholic beverages. If you choose to bring personal goodies, please keep them in your room. We are trying to limit sugar intake.

10.

Your personalized room assignment will be waiting for you at the Lodge registration sign in desk.

11.

If you are interested in having a massage with Janice or Sarah, please contact them directly. They will send out a schedule shortly. Judy will be available for energy work too. She will have a schedule available at the lobby front desk.

12.

Come with an open mind and open heart. This is a time to share and release as well as pull back, and be in nature with like-minded individuals. Allow the weekend to unfold naturally (if not always smoothly and as you had imagined it to be.) This is Sat Sanga. Company of like-minded individuals!

13.

Please bring a flashlight and bug spray for our walk.

14.

If possible, please bring blankets and blocks for a restorative class.

DIRECTIONS:

Alternate Directions to Olmsted Manor Ludlow PA

1. Take PA 28 North toward Etna


2. Merge onto PA 28 North  Allegheny Valley Express Way/East Ohio Street -37 miles


3. Exit at US 422 East  Kittanning /Indiana-4.0 miles

4. Continue on PA 28 North /PA 66 North for 18 miles


5. Turn right onto West Broad Street  1.2 miles

6. Continue on PA 28 North  Brookville Street  19 miles

7. Continue onto PA 36 North  Allegheny Blvd.-11 miles


8. Turn right at PA 899 North  11 miles


9. Turn right at PA 66 North -14 miles

10. SHARP left at PA 948 North  8.6 miles

11. Continue straight onto PA 666 East  2.3 miles

12. Turn right on South Main Street  82 feet

13. Turn right at US 6  East Grand Army of the Republic

14. Destination will be on right  6.6 miles

Olmsted Manor 171 East Main Street Ludlow PA 16333

Arrive in approximately 2 1/2 hours from start point