

**The 2021 Life-Force Academy Immersion  
Thursday June 17th–Monday June 21st  
Shady Creek Event Center  
18601 Pathfinder Way  
Nevada City, CA 95959**

**General Information**

Congratulations on making the decision to participate in the Life-Force Academy Immersion! This amazing experience will take place in the beautiful foothills of the Sierra Nevada Mountains at the Shady Creek Event Center in Nevada City, CA.

Below is all the info you need to plan your travels and ensure an enjoyable Immersion experience.

**Environment**

The environment in the Nevada City area during June can be hot and dry. The average temperatures in Nevada City in the summer range from a high of 105 degrees with a low of 65 degrees. Be sure to bring plenty of layers for cooler evenings and mornings. Early mornings before sunrise are chilly—plan accordingly. Please visit [www.weather.com](http://www.weather.com) for accurate weather information as the retreat date approaches.

**Accommodations**

The Shady Creek Event Center offers simple, camp-style accommodations in a gorgeous setting. Cabins are limited. We'll work to provide private rooms for those not traveling with other attendees. If you're traveling with close friends or family members, we ask that you room together.

Bathhouses are near each room or cabin but there are no private bathrooms. You must bring your own bedding (pillow & sleeping bags recommended) and towels for your use during your stay.

Offsite accommodation recommendations are listed below if you would like a private room offsite. Since onsite accommodations are limited this year, we ask that local Nevada County residents consider sleeping at home and attending the daily events.

**Travel Information**

**Arrival Date:**

The event begins the evening of Thursday, June 17th at 7pm after dinner which is served at 6pm. You should plan to arrive at Shady Creek after check in begins at 3pm. No one will be admitted onsite prior to 3pm on Thursday, June 17th, so plan your travel accordingly. There is plenty to see and do in Nevada City if you arrive early.

**Departure Date:**

The course ends at about 7am on Monday, June 21st. All guests must depart no later than 11am on June 21st.

**Airports**

The Sacramento and Reno airports are the closest to the retreat facilities, both being about an hour and a half drive from Nevada City.

**Driving Directions**

Shady Creek Conference Center is located at 18601 Pathfinder Way, Nevada City, CA 95959. Please compare any GPS or internet map searches to the directions below before departing.

**From Sacramento International Airport:**

Take I-5 S. Merge onto I-80 east towards Reno. Take the CA-49 exit, exit 119B, towards Grass Valley/Placerville. Turn left onto CA-49. Continue to follow CA-49 N. As you pass through Nevada City, turn left onto CA-49 towards Downeyville after the Broad St Exit. After approximately 10 1/2 miles turn right onto Tyler Foote Rd. Go for one mile then turn right onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

**From Reno:**

Take I-80 out of Reno. Take Highway 20 to Nevada City/Grass Valley. Turn right onto Hwy 49 towards Downieville. Approximately 10 1/2 miles turn right onto Tyler Foote Rd. Turn right after one mile onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

**From the North:**

From I-5 take Highway 99 south through Chico. Take Highway 149 east to Oroville. Highway 149 becomes Highway 70. Take Highway 70 south about 26 miles towards Marysville. Turn left on Woodruff Lane (after Magnolia Lane, if you reach Bettoncourt you have gone too far). Stay on Woodruff Lane. Turn Left to head towards Grass Valley. Turn left onto Highway 20 towards Grass Valley. Go about 26 miles. Merge Left onto Highway 20/Hwy 49 at Grass Valley. Turn left after just over 5 miles onto Hwy 49 towards Downieville. Take highway 49 for approximately 10 1/2 miles, turn right onto Tyler Foote Rd. Turn right after one mile onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

**From the South:**

From I-5, take the Marysville/Yuba City exit (Highways 70/99). Take Highway 70 to Marysville. From Marysville, take Highway 20 east toward Grass Valley. Take 20/49 East towards Nevada City. Take Hwy 49 towards Downieville. In approximately 10 1/2 miles turn right on Tyler Foote Rd. In one mile turn right on Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

## **Planning Your Expenses**

Expect very good, one-time only offers on upcoming courses and events.

## **General Course Schedule** (Subject to change)

### **Thursday, June 17th**

Check in after 3pm

5:30pm-7pm: Dinner

7pm: Opening Session

### **General Daily Schedule**

4:30am-7am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)

7am-8am: Intro to Kundalini Yoga (OPTIONAL)

8am-9:30am: Breakfast

9:30am-1pm: Morning Session

1pm-3pm: Lunch

3:00pm-5:30pm: Afternoon Session

5:30pm-7pm: Dinner

7pm: Special Evening Program

### **Monday, June 21st Schedule**

4:30am-7am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)

7am-8am: Breakfast

11am: Final Departure Time

## **What To Bring**

To make your experience at the retreat comfortable please bring the following items:

- Yoga clothing with layers for cool mornings and evenings
- Comfortable walking shoes
- Sleeping bag, blanket and pillow
- Towel
- Toiletries
- Flip-flops for shower
- Masks and personal hand sanitizer
- Yoga mat, meditation cushion and/or firm blanket for sitting on, yoga strap or something that can work as one. ***No cushions or mats will be provided, please bring your own!***

- Bathing suit for river or creek—there is an onsite pool and stream with the Yuba River nearby
- Daypack or tote bag to hold the things you will want to have with you over the course of each day
- Water bottle
- Reusable mug for tea or coffee
- Journal and/or notebook and pens
- Flashlight
- Chargers for cell phones
- Alarm clock (only if you don't have one on your phone)
- Insect Repellent (mosquitos can be bothersome around dusk)
- Ear plugs and sleep mask if you are a light sleeper

## **COVID Requirements & Guidelines**

### **COVID Protocols (PRE-EVENT):**

We are partnering with CrowdPass to help us manage and securely maintain the results of the required health screening. Crowdpass is a digital solution to pre-clear attendees by showing proof of vaccination record, or a negative PCR COVID test (administered within 72 hours of the event), or a negative rapid Covid test (administered within 6 hours of the event).

Registered guests will receive a link via email to register with Crowdpass as a confirmed event attendee. Crowdpass will contact you with information about uploading the required documents prior to the event. Please watch for emails from Crowdpass and respond in a timely manner. This step is a mandatory requirement to attend the event.

### **Where to get tested?**

Several major chains, including [CVS](#), [Walgreens](#) and [Rite Aid](#), all often offer PCR testing at no additional cost if using insurance or if you fall under some federal programs for those without insurance. Ride Aid specifically offers tests at no cost to anyone four and older. [Passport Health](#) also has a network of clinics in over 100 locations nationwide, primarily for people who need a negative PCR test to fly or return to school.

Even better, you can make these appointments online, which may save precious time instead of waiting in a long line. Many of these locations offer [drive-up testing](#), where you swab yourself and don't need to leave your vehicle.

You may need to complete an online questionnaire to see if you qualify for testing and then make an appointment one to three days in advance.

Turnaround times can vary by chain and location, so please be proactive and make a plan that works for you:

- [CVS](#): Average turnaround time for receiving results from lab tests is one to two days
- [Walgreens](#): Turnaround time varies by location and test taken
- [Rite Aid](#): Turnaround time is two to seven days

There is also the option to receive a testing kit by mail. Keep in mind the turnaround time required for this and plan accordingly. Here's the link to purchase on Amazon:

<https://www.amazon.com/DxTerity-COVID-19-Collection-Shipping-Laboratory/dp/B08Q1TMY7X>

These COVID-19 requirements have been created to satisfy state and local guidelines surrounding rules for gatherings, along with our desire to create an event that is safe for all who choose to attend.

It is your responsibility to provide the required documents using the Crowdpass portal prior to entering the event venue (Shady Creek Event Center). Failure to provide these documents and follow the above protocols will result in non-admittance. Please make a plan, follow through, and join us on June 17th for an amazing event!

### **COVID Protocols (DURING EVENT):**

Please keep your health and the health of other participants in the forefront of your mind throughout the event. In our excitement about gathering together as a group, our tendency may be to let our guard down. Rather, please stay mindful of others' needs to feel safe and everyone's wish to remain happy and healthy. The following guidelines have been put in place for your safety during the event:

- Do not attend the event if you feel sick, have a cough or fever, or have any reason to suspect you may have been exposed to the virus.
- Masks will not be required outside or while in the open-air practice tent. Meals will be served and eaten outside only.
- Masks will be required whenever indoors in a shared space, including restrooms. Always have a mask on hand throughout the day so you're prepared for all circumstances.
- Maintain 6 feet of distance between yourself and others at all times.
- Sneeze or cough into a cloth or tissue. If not available, use your elbow.
- Do not shake hands, hug, or engage in any unnecessary physical contact.
- Respect others' boundaries around protecting themselves.
- Wash your hands frequently and use provided hand sanitizer liberally.

- Bring your own yoga mat, water bottle, mug for hot beverages, and any props you will need. These will not be provided.
- Help keep the venue safe for everyone by sanitizing areas after use when appropriate.
- Speak to a member of Jai Dev's team if you see anything that needs attention to help keep the venue safe.

## **Off-Site Local Accommodations**

### **MILANO'S INN**

27949 Cherokee St.  
N.San Juan, Ca 95960  
530-292-0193

### **OUTSIDE INN**

575 East Broad Street, Nevada City, Ca 95959  
(530) 265-2233

### **BROAD ST. INN**

517 West Broad St, Nevada City, Ca  
(530)-265-2239

### **NORTHERN QUEEN INN**

400 Railroad Avenue, NC, CA  
(530) 265-5824

### **HOLIDAY INN EXPRESS**

121 Bank St., Grass Valley, Ca 95945  
(877)-859-9095

### **SIERRA MOUNTAIN INN**

816 West Main St., Grass Valley, Ca 95945  
(866) 539-8430

### **Vacation Rentals By Owner**

<http://www.vrbo.com/vacation-rentals/usa/california/gold-country-high-sierra/nevada-city> Sweet Cottage 30 min away from Shady Creek

## **Recommended Restaurants**

### **3 FORKS BAKERY & BREWING CO.**

211 Commercial Street, Nevada City, CA 95959  
(530) 470-8333 / \$\$

### **HEARTWOOD EATERY**

237 Commercial St, Nevada City, CA 95959  
(530)470-6161 / \$\$

### **CALIFORNIA ORGANICS HEALTH FOOD STORE AND ORGANIC GRILL**

135 Argall Way, Nevada City, CA 95959  
(530) 265-9392 / \$\$

### **SOPA THAI**

312 Commercial St, Nevada City, CA 95959  
(530) 470-0101/ \$\$

### **IKE'S QUARTER CAFE**

401 Commercial St, Nevada City, CA 95959  
(530) 265-6138/ \$\$

### **NEW MOON CAFE**

203 York Street, Nevada City, CA 95959  
(530) 265-6399/ \$\$\$

### **TASTE OF THAI**

204 W Main St, Grass Valley, CA 95945  
(530) 274-2968/ \$\$

### **BRIAR PATCH COOP AND DELI**

290 Sierra College Dr, #A, Grass Valley, CA 95945  
(530) 272-5333/ \$\$

### **DEIGO'S**

217 Colfax Ave, Grass Valley, CA 95945  
(530) 477-1460/ \$\$\$

## **Local Health Food Stores**

**Briar Patch** [www.briarpatch.coop](http://www.briarpatch.coop) 290 Sierra College Dr, Ste A Grass Valley, Ca  
530-272-5333

**California Organics** [www.californiaorganics.org](http://www.californiaorganics.org) 135 Argall Way #A Nevada City, Ca  
530-265-9392

**Natural Selection** 589 E Main St, Grass Valley, CA (530) 272-8789

## **Recommended Stores**

**Spirithouse Imports** Clothing, Jewelry, Meditation Cushions, Shawls and gifts 320 Broad St., Nevada City, Ca 95959 (530)265-0114

**Inner Path Yoga Studio and Store** Yoga supplies, altar items, gifts  
200 Commercial St., Nevada City, Ca (530)470-6057

**Mama Madrones** Organic yoga clothing and supplies 307 Broad St, Nevada City, CA  
(530) 478-1700

**Abstrakt** Yoga clothing, jewelry and gifts 228 Broad St, Nevada City, Ca 95959  
(530)470-8979

**Jade Summit Teahouse** 236 Commercial street, Nevada City, Ca 95959

**Elixart Art and Elixir Bar** 408 Broad St., Nevada City, Ca 95959

**Blue Lotus Exotic Furniture** 595 E Main St, Grass Valley, CA 95945

**Kurt's Garden** Exotic and Native Plants 595 E Main St, Grass Valley, CA 95945 (530)274-8733