

**The 2023 Life-Force Academy Immersion
Wednesday, June 7th – Sunday, June 11th
Shady Creek Event Center
18601 Pathfinder Way
Nevada City, CA 95959**

GENERAL INFO

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, California.

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. Early mornings before sunrise are chilly—plan accordingly. Be sure to bring plenty of layers for cooler evenings and mornings. Please consult your favorite online weather source for the forecast as the retreat date approaches.

ACCOMODATIONS

The Shady Creek Event Center offers simple, camp-style accommodations in a gorgeous setting. If you've chosen to stay in a shared cabin/room, you'll be sharing the space with up to 5 other yogis. Bathhouses are near each room or cabin but there are no private bathrooms. You must bring your own bedding (pillow & sleeping bag recommended) and towels for your use during your stay.

Offsite accommodation recommendations are listed below if you would like a private room offsite. Keep in mind that staying off site requires having transportation to and from Shady Creek.

TRAVEL INFORMATION

Arrival: The event officially begins on the evening of Wednesday, June 7th with the first class at 7pm. Dinner will be served prior to that from 5:30-6:30pm. Please plan to arrive at Shady Creek after **check-in begins at 3pm**. No one will be

admitted onsite prior to 3pm on Wednesday, June 7th, so plan your travel accordingly. There is plenty to see and do in Nevada City if you arrive early.

Departure: The course ends at 1pm on Sunday, June 11th. Lunch will be served following the end of the closing session. All guests must **depart no later than 2pm** on June 11th.

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 Outdoor School 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. You'll be greeted by our staff shortly past the entrance. Late arrivals should follow Pathfinder Way straight 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. You'll be greeted by our staff shortly past the entrance. Late arrivals should follow Pathfinder Way straight 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. You'll be greeted by our staff shortly past the entrance. Late arrivals should follow Pathfinder Way straight 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. You'll be greeted by our staff shortly past the

entrance. Late arrivals should follow Pathfinder Way straight to Holland Hall for check in.

PLANNING YOUR EXPENSES

Expect very good, one-time only offers on upcoming courses and events. Massage/bodywork and local vendors may be available onsite.

GENERAL COURSE SCHEDULE (Subject to change)

Wednesday, June 7th

Check in after 3pm

5:30pm-6:30pm: Dinner

7:00pm: Opening Session

General Daily Schedule

4:30am-7:00am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)

7:00am-8:00am: Intro to Kundalini Yoga (OPTIONAL)

8:00am-9:00am: Breakfast

9:30am-1:00pm: Morning Session

1:00pm-2:00pm: Lunch

2:00pm-3:00pm: Free Time

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

5:30pm-6:30pm: Dinner

7:00pm: Special Evening Program (To Be Announced)

Sunday, June 11th

4:30am-7:00am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)

7:00am-8:00am: Intro to Kundalini Yoga (OPTIONAL)

8:00am-9:00am: Breakfast

9:30am-1:00pm: Morning Session

1:00pm-2:00pm: Lunch

1:30pm: Airport Shuttle Departs

2:00pm: Final Departure For All Guests

WHAT TO BRING

To make your experience at the retreat comfortable, we recommend bringing the following:

- Yoga clothing with layers for cool mornings and evenings
- Comfortable walking shoes / warm socks
- Sleeping bag, blanket and pillow

- Towels for shower and pool
- Toiletries
- Flip-flops for shower
- 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—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 (if you don't have one on your phone)
- Charger for cell phone
- Alarm clock (if you don't have one on your phone)
- Insect Repellant (mosquitos can be bothersome around dusk)
- Sunscreen / Hat
- Ear plugs and sleep mask if you are a light sleeper

HEALTH PROTOCOLS

Please keep your health and the health of other participants in the forefront of your mind in the days leading up to the event and during your time onsite. Our sessions will take place in an open-air tent and meals will be served and eaten outdoors. Most of us will be sharing a sleeping space with other yogis.

Please stay mindful of others' needs to feel safe and everyone's wish to remain happy and healthy. We trust that you'll self-test prior to arrival if there is the slightest concern that you may have been exposed to or are sick with Covid-19.

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.
- Sneeze or cough into a cloth or tissue. If not available, use your elbow.
- Respect others' boundaries around protecting themselves, including asking for permission before hugging or other physical contact.
- 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

OUTSIDE INN

575 East Broad St, Nevada City, CA
(530)265-2233

FLUME'S END

317 South Pine St, Nevada City, CA
(530)955-3108

BROAD ST. INN

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

NORTHERN QUEEN INN

400 Railroad Avenue, Nevada City, CA
(530)265-5824

HOLIDAY INN EXPRESS

121 Bank St, Grass Valley, CA
(877)859-9095

SIERRA MOUNTAIN INN

816 West Main St, Grass Valley, CA
(866)539-8430

RECOMMENDED RESTAURANTS

3 FORKS BAKERY & BREWING CO

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

HEARTWOOD EATERY

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

CALIFORNIA ORGANICS HEALTH FOOD STORE AND ORGANIC GRILL

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

SOPA THAI

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

LOLA at THE NATIONAL EXCHANGE HOTEL

211 Broad St, Nevada City, CA
(530)362-7605 / \$\$\$

TASTE OF THAI

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

BRIAR PATCH COOP AND DELI

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

DEIGO'S

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

LOCAL HEALTH FOOD STORES

Briar Patch Co-Op

290 Sierra College Dr, Grass Valley, CA (530)272-5333

California Organics

135 Argall Way, 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 (530)265-0114

Inner Path Yoga Studio and Store

Yoga supplies, altar items, gifts
200 Commercial St, Nevada City, CA (530)470-6057

Kitkitdizzi

Unique gifts with local color
231 Broad St, Nevada City, CA (530)265-4750

Mama Madrones

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

Abstrakt

Women's clothing, jewelry and gifts
228 Broad St, Nevada City, CA (530)470-8979

Elixir Art and Elixir Bar

203 York St, Nevada City, CA (530)265-1901

Kurt's Garden

Exotic and native plants
595 E Main St, Grass Valley, CA (530)274-8733