

Northern California Location: The Mother Tree retreat center in Sebastopol, California.

Instructions: You will need this information as you prepare to pack for your retreats. This document provides you with the basic operating procedures for your retreat center and packing instructions so you are properly prepared for the activities and the weather. If you are driving, the directions to the retreat center are also included.

Packing Information:

This is a residential retreat, so please don't plan on doing other work while you are here. We suggest that you handle other responsibilities and agreements (work, family, etc.) prior to arrival, so that you can give yourself the gift of being "on retreat." Therefore, please avoid bringing laptops, checking voice mails, and doing other "day to day activities" during your retreat. One phone is available for guest use on a limited basis.

What to Bring:

- ☐ Jacket or warm sweater
- ☐ Small flashlight (optional)
- ☐ Soap, shampoo, toothbrush – all that stuff
- ☐ One pair sturdy walking shoes-providing traction and ankle support
- ☐ One pair sandals or tennis shoes
- ☐ Slippers for inside (it's a shoeless retreat center)
- ☐ *Rain gear – IMPORTANT (only jacket & dry shoes needed June - September)
- ☐ Both light weight clothes (shorts, etc.) and warm clothes for cold or wet weather
- ☐ Insect repellant
- ☐ Sunscreen
- ☐ Water bottle (IMPORTANT - can be refilled)
- ☐ Gloves (leather best) for ropes course (well-fitting – you'll be glad you did!)
- ☐ Hat (for sun & warmth)
- ☐ Bathing suit for hot tub
- ☐ Ear plugs (shared accommodations)
- ☐ Leadership journal and pen (Please get a separate journal to use just for Leadership)
- ☐ Personal Calendar/Day-Timer/BlackBerry
- ☐ Day pack (a small back pack for carrying things like your water bottle, raingear, gloves, etc to the ropes course)
- ☐ Any medications and supplements you may need, including allergy, antacids, cough drops, natural remedies.

What NOT to Bring:

- ⊗ Radios & walkmans
- ⊗ Laptops and other electronics
- ⊗ Expensive jewelry
- ⊗ Perfume/cologne
- ⊗ Cellular phones (or keep turned off & use only for emergencies)
- ⊗ Alcohol

We do a lot of floor sitting and outdoor activity, so dress accordingly. (We even suggest leaving your make-up behind if you can!)

*For retreats 1 & 2 make sure your rain gear includes waterproof pants, hooded jacket, and waterproof boots.

Local Weather

For those of you unfamiliar with Northern California weather: In summer you can expect hot, dry days and chilly nights. Winter is variably warm and sunny, or cold and rainy. We are near the ocean so winds and damp fog are common any time of year. You will want to dress in layers. Check www.northbayweather.com and click on the Bodega Bay link for current conditions and forecasts for the area.

The Mother Tree House Habits & Suggestions

In keeping our agreement with the neighbors, it is essential that you arrange to carpool to The Mother Tree.

To respect the privacy of our neighbors, we ask that you remain within the eleven-acre boundary during your entire stay.

Bed linens and towels are provided. However, you may wish to bring a robe if you plan on using the hot tub.

Please bring your own water bottle container. No food or beverages in family room (central meeting area) except bottled water.

This is a shoeless house. Please bring slippers or sandals to step into when going outside.

We are located in a coastal climate. Please bring along warm and cool weather gear, walking shoes, hat and sunscreen.

Candles and incense are only permitted in the family room for ritual use.

Please drive very slowly on the gravel road along mariner Drive...Thank You!

It is our please to offer you a healing and memorable experience at The Mother Tree, James De Surra, Founder & Spacemaker

Driving Directions to the Mother Tree Retreat Center

2000 Mariner Drive, Sebastopol, California 95472 Phone # 1-707-823-1707

From San Francisco Airport (SFO):

Take Hwy 380 to Hwy 280 North. Stay to the left to exit Hwy 280 onto Route 1 north. (Route 1 begins there as Junipero Serra, quickly turns to 19th Street for several miles, then Park Presidio as it goes through Golden Gate Park.)

After you go through the Gen. Douglas MacArthur tunnel, you will approach the Golden Gate Bridge. (You will not have to pay a toll going north.) As you cross the bridge you are on Hwy 101.

Take Hwy 101 N. across the Golden Gate Bridge. Travel approximately 40 miles to Hwy 116 West - about 45 minutes if no traffic; (approximately 9 miles past the Hwy 116 East exit)

And then...

From the Hwy 116 West exit, turn left at the light and travel approximately 8 miles into Sebastopol.

Turn left at Sebastopol Ave (a.k.a Bodega Ave/Hwy 12)

Travel 4.8 miles west to Barnett Valley Road (top of a steep grade) and turn left

Travel 1.4 miles to Mariner Drive (no stop sign and easy to miss...) and turn right

Reduce speed to 10 MPH and continue on Mariner Drive for 0.6 miles to 2000 Mariner Drive (the speed "dips" and bumps can be nasty!)

Estimated travel time from Golden Gate Bridge: 1 1/4 hours (20-30 minutes longer during commute hours)

From Sacramento:

Travel west on Hwy 80 to Hwy 37; approximately 15 miles to Lakeville Rd.

Turn right and travel to Hwy 101 North toward Eureka

Follow Hwy 101 North for approx. 9 miles to Hwy 116 West...pick up from And then... above

If you will be late, please call both the Mother Tree at 707-823-8381 and the CTI office at 415-451-6000 and leave messages. Thank you!