

# WINTER SOLSTICE WELLNESS RETREAT FAQ

Q: When and where do I check in for the event?

A: Please check-in at the Event Barn anytime after 5:30pm on Saturday. The barn will be open at 7:45am on Sunday.

Q: Do I need to bring my own mat/blocks?

A: You are more than welcome to bring your own supplies. TLH will have mats and blocks available for those who do not have their own.

Q: Will there be any food or drinks provided?

A: There will be no food provided, the mindfulness eating exercise is a discussion with chocolates provided. Water will be provided throughout the event and a coffee station will be available on Saturday morning.

Q: If I'm not spending the night at The Lake House, do I have access to the pool or spa?

A: No, the pool and spa areas are available to guests only. If you have a spa appointment, you will be able to access the locker rooms and sun room.

Q: Is there space to change if I am not spending the night at TLH?

A: Yes, there are bathrooms located inside the Event Barn.

Q: What is there to do during the break on Saturday?

A: We suggest enjoying breakfast at Rose Tavern or our Library Bar. This time will be used for our team to prepare for the afternoon events. For those staying at TLH, check out is at 11:00am.

THE  
LAKE HOUSE

ON CANANDAIGUA