



- Our retreats run from Friday afternoon Until Sunday afternoon.
- If you are flying in or driving more than 4 hours, we suggest you plan to arrive on Thursday and stay the night at a hotel near the airport in Nashville, or in the town of Cookeville, TN (Cookeville is 30 mins. from our lodge).
- Our Retreat Lodge is a 1 hour and 15 minute drive from the nearest airport.
- The airport is Nashville International, (BNS), in Nashville, Tennessee (USA).
- Middle Tennessee is on Central Standard Time.
- We can accommodate 10 -20 participants per retreat, we cannot accommodate any friends or family members.
- There is cell phone coverage at the lodge, but we ask you to limit your phone usage to just the absolute necessary.
- There is no registration fee for the retreat.