DS Central NY
Retreat FAQ's

You will find plenty of information about our Deeper Still retreats as you continue to browse, but here are a few basics.

- **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 retreat center.**

- **Our Retreat Lodge is 1 hour drive from the Syracuse airport.**

- **Our spring and fall retreats are for both women and men. Our summer retreat is for women only.**

- **The airport is Syracuse Hancock International Airport in Syracuse , New York. (USA). You need to make this airport your destination.**

- **Syracuse New York is on Eastern Standard Time.**

- **We can accommodate about 22 participants per retreat. We cannot accommodate any friends or family members.**

- **We can arrange to give you transportation to and from the airport. You can also rent a car if you prefer.**

- **There is no registration fee to attend this retreat, it's free to attend.**