

Camp DeWolfe

408 N Side Rd. Wading River NY

Driving Instructions:

Via the Long Island Expressway (I-495):

- Take LIE Exit 68 to William Floyd Parkway (Highway 46) North
- Bear RIGHT at end of William Floyd Parkway onto Route 25A East.
- Continue on Route 25A.
- Turn LEFT at the light by the HESS Gas Station onto Wading River Manor Road.
- Bear LEFT at the end of the road onto North Country Road.
- Make a quick sharp RIGHT at the fire department onto North Wading River Road.
- Turn LEFT at the blue sign for Camp DeWolfe, onto North Side Road.
- Turn RIGHT at the sign for Camp DeWolfe.

From Riverhead:

- Take Route 25 West.
- Turn RIGHT onto Route 25A West at the Sunoco Gas Station.
- Continue on Route 25A.
- Turn RIGHT at the light by the HESS Gas Station onto Wading River Manor Road.
- Bear LEFT at the end of the road onto North Country Road.
- Make a sharp RIGHT at the fire department onto North Wading River Road.
- Turn LEFT at the blue sign for Camp DeWolfe, onto North Side Road.
- Turn RIGHT at the sign for Camp DeWolfe.

Retreat Guidelines - Saturday & Sunday

Thank you for enrolling in our weekend yoga retreat at Camp DeWolfe. We are excited to offer you an amazing program. Please come with an open heart & mind and designate this time for self-healing, inner focus, contemplation, reflection and letting go. There is little to no cell phone service on the grounds. Cell phones should be turned off except for emergencies or camera use.

Please bring a yoga mat and extra clothes as it may be chilly in the mornings.

Meals: Please let us know (15) days in advance if you have any specific food

needs, allergies or sensitivities so we can bring awareness to the kitchen. All meals will be vegetarian and held in the Davis Hall. Seating is family style and the room may have people from other retreats. Please keep talk at meals spiritual, uplifting and inspirational. Let's keep it positive!

Lodging: If you registered for the Benson House (comfortable yogi plan) all linens are included in this plan. Benson house will have the names listed on the room door.

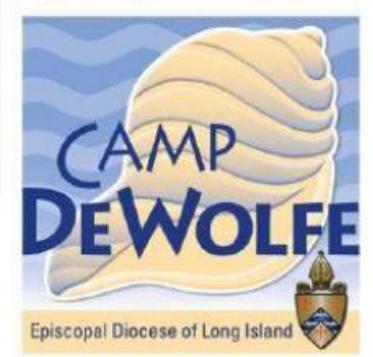
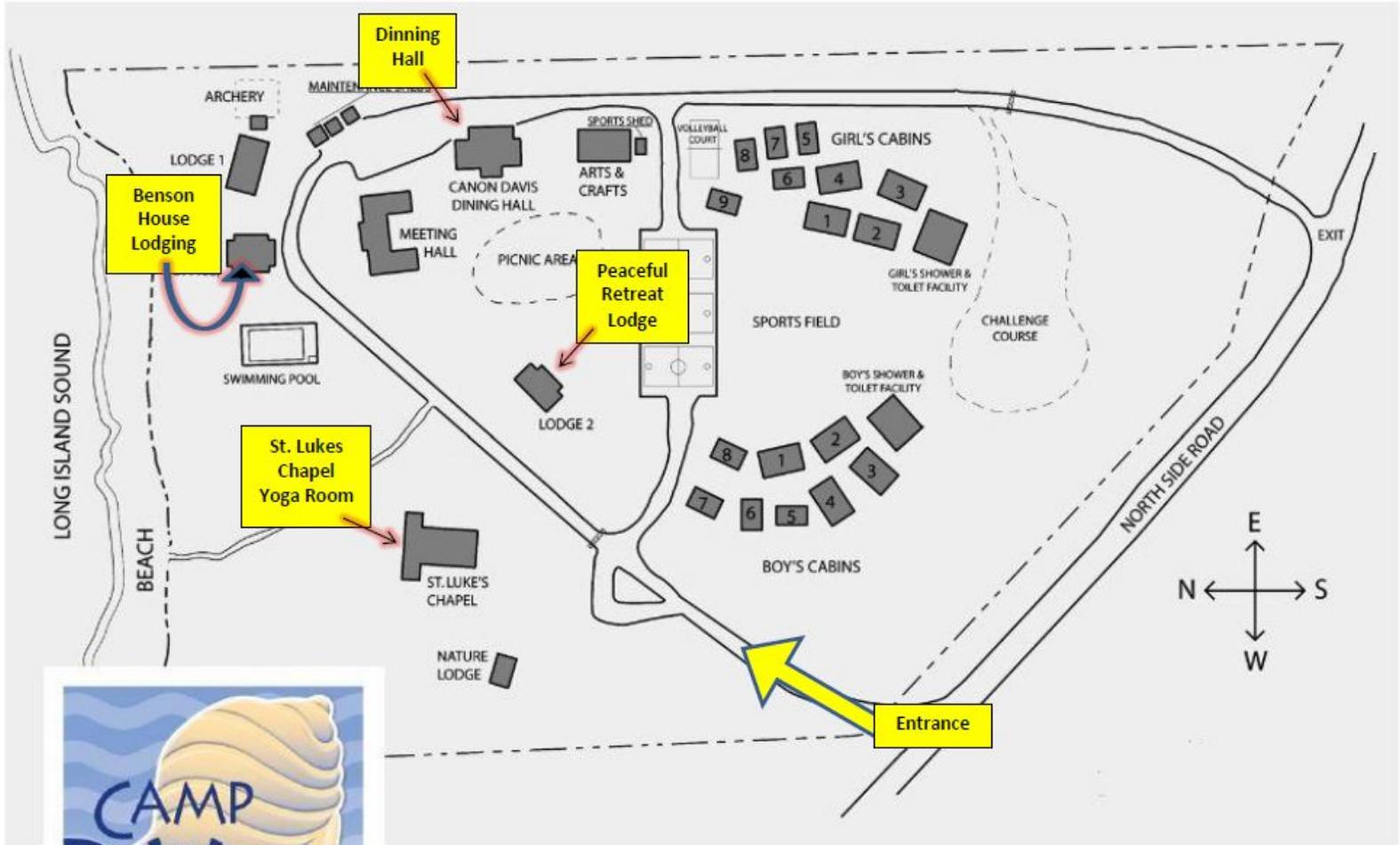
Class Schedule: We encourage students to take all of the classes but you have complete freedom to do as you wish. Listen to your inner voice. If you feel the need to skip a class to go for a walk, enjoy the grounds or rest, please do so.

Fire Ceremony: On the Friday before retreat, please contemplate and write down on two separate pieces paper: 1) What you wish to let go of 2) What you wish to bring into your life. Please bring them with you to be used at the Fire Ceremony.

If you have any questions before or during the retreat, please contact Matthew Pecorella (retreat organizer) at 631-987-8541. Call Or Text.

The retreat will be held in the St. Lukes Chapel. Please see the map below.

If you are staying overnight, please arrive by 8:00 am at the Benson house to unpack. Students staying for the day only can arrive by 8:30 am and go directly to the St. Lukes Chapel (Main Yoga Room)



Camp DeWolfe, Wading River, NY
www.campdewolfe.org