

## Introduction to the Spirit of Fire – Aug 11-14, 2023

### Accommodations and Meals

**Accommodations:** Near Green Heart Farm and Education Center

#### Off-site

**Best Western**-off I91, exit 7, 4.2 miles from GHF

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.46016.html?iata=00171880&ssob=BLBW10004G&cid=BLBW10004G;google:gmb:46016](https://www.bestwestern.com/en_US/book/hotel-rooms.46016.html?iata=00171880&ssob=BLBW10004G&cid=BLBW10004G;google:gmb:46016)

**Fullerton Inn-Chester**, Vt - 13 miles from GHF <https://www.fullertoninn.com/>

**Franklyn Farm Inn-Chester**, Vt - 10 miles from GHF <https://www.franklynfarminn.com/>

**Harvest Barn Inn**-Bellows Falls, Vt - 8.5 miles from GHF Rates from \$129/night

<http://www.harvestbarninn.com/>

#### On-Site

**Tenting:** Email Michael that you will be tenting and for how many days.

**Cost:** \$20.00 person/per night

**Payment:** Pay on arrival. Venmo or Cash

**Location:** Green Heart Farm and Education Center on level open field near vehicles or in forested area approximately 10 min walk to vehicles. You have access to potable water, outdoor showers, and outhouses with composting toilet.

All-natural insect repellent for sale at cost for ticks, flies and mosquitos.

#### Meals

##### Onsite

**Lunch** attendance is required by all students and is \$15 per day. See Dietary Restriction note below.

**Breakfast and Dinner** are optional but must be reserved at least 4 days prior to the event. See below for Dietary concerns.

Breakfast is \$10 per person, per day. Available from 7:30 - 8:30am and will have a variety of offerings that you will help yourself to - vegetarian, vegan, omnivore options. Coffee and Tea are available by 6:30am.

Dinner is \$15 per person, per day. Timing will be according to class schedule but generally between 6:00 and 7:30pm.

**Dietary restrictions:** Allergy sensitive meals will be served. We will do our best to accommodate your dietary restrictions. Upon registration you will be provided an email address to contact Cynthia (co-director of GHF) to discuss. Please make sure to contact her at least 4 days prior to arrival.

##### Meal cost summary:

Breakfast: Optional \$10.00/meal x 4 = 40.00

Lunch: Required \$15.00/meal x 4 = \$60.00

Dinner: Optional: \$15.00/meal x 3 = \$30.00

You are required to pay for lunch and all breakfast and dinner meals you plan to attend upon arrival. There are no refunds for not attending a meal. Cash or Venmo please.