

**THE LIFE-FORCE FORMULA IMMERSION**  
**JUNE 6<sup>TH</sup>-10<sup>TH</sup>, 2018**  
**Shady Creek Event Center**  
**18601 Pathfinder Way,**  
**Nevada City, Ca 95959**

**General Info**

Congratulations on making the decision to participate in the Life-Force Formula Immersion! This amazing experience will take place in the beautiful foothills of the Sierra Nevada Mountains at the Shady Creek Event Center in Nevada City, CA.

Below is all the info you need to make your retreat comfortable and your travels easy.

**Environment**

The environment in the Nevada City area during June can be hot and dry. The average temperatures in Nevada City in the summer range from a high of 105 degrees with a low of 65 degrees. Be sure to bring plenty of layers for cooler evenings and mornings. Please visit [www.weather.com](http://www.weather.com) for accurate weather information as the retreat date approaches.

**Accommodations**

The Shady Creek Event Center offers simple, camp-style accommodations in a gorgeous setting. Private rooms are available in limited availability for couples only and at an extra fee and on a first come first serve basis. Shared cabins are same gender and we do our best to assign as few people to a room as possible. Bathhouses are near each room or cabin but there are no private bathrooms.

You must bring your own bedding (sleeping bags recommended) and towels for your use during your stay.

Offsite accommodation recommendations are listed below if you would like a private room offsite. We recommend staying onsite so you can participate in early morning sadhana and be a part of the group aura.

**Travel Info**

**Arrival Date**

The course begins the evening of Wednesday, June 6th at 7pm after dinner which is served at 6 pm. You should plan to arrive at Shady Creek after check in begins at 3 pm.

**Departure Date**

The course ends at 1pm on Sunday, June 10th.

## **Airports**

The Sacramento and Reno airports are the closest to the retreat facilities, both being about an hour and a half drive from Nevada City.

## **Transportation to and from the airport**

Shuttle service to and from Shady Creek can be purchased during your registration process. The shuttle is \$60 for one way and \$110 round trip to/from the Sacramento Airport.

The shuttle will leave Sacramento at 4 pm on Wednesday June 6th and leave Shady Creek at 2:00 pm on Sunday June 10<sup>th</sup>. Please plan for your flight to arrive in Sacramento no later than 3:30 pm on Wednesday June 6<sup>th</sup> and to depart from Sacramento no earlier than 5:30 pm on Sunday June 10<sup>th</sup>.

### **Important-**

**Shuttle reservations must be made by May 15<sup>th</sup> to assure a spot on the shuttle.**

If you are taking the shuttle you must email your Full Name, Airline, Flight Number, Flight Time and Cell Phone number to [support@jaidevsingh.com](mailto:support@jaidevsingh.com) so that we can relay this information to the shuttle driver and secure your spot on the shuttle.

Please also note that you will want to be packed up on Sunday morning before you head to the main hall so that you can enjoy lunch and depart for the airport on time.

Additional shuttle service from the Sacramento Airport is available through Anthony's Airport Shuttle Service. They can be reached at <http://anthonysairportservice.webs.com/> or 530-432-1114.

## **Ride Share forum**

You can connect with other attendees to coordinate a ride on the ride share forum here <https://www.facebook.com/groups/587954067952983/>

## **Driving Directions**

Shady Creek Conference Center is located at 18601 Pathfinder Way Nevada City, CA 95959. **Please compare any GPS or internet map searches to the directions below before departing.**

### **From Sacramento International Airport**

Take I-5 S. Merge onto I-80 east towards Reno. Take the CA-49 exit, exit 119B, towards Grass Valley/Placerville. Turn left onto CA-49. Continue to follow CA-49 N. As you pass through Nevada City- Turn left onto CA-49 towards Downeyville after the Broad St Exit. After approximately 10 1/2 miles turn right onto Tyler Foote Rd. Go for one mile then turn right onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

### **From Reno**

Take I-80 out of Reno. Take Highway 20 to Nevada City/Grass Valley. Turn right onto Hwy 49 towards Downeyville. Approximately 10 1/2 miles turn right onto Tyler Foote

Rd. – turn right after one mile onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

### **From the North**

From I-5 take Highway 99 south through Chico. Take Highway 149 east to Oroville. Highway 149 becomes Highway 70. Take Highway 70 south about 26 miles towards Marysville. Turn left on Woodruff Lane (after Magnolia Lane, if you reach Bettoncourt you have gone too far). Stay on Woodruff Lane. Turn Left to head towards Grass Valley. Turn left onto Highway 20 towards Grass Valley. Go about 26 miles. Merge Left onto Highway 20/Hwy 49 at Grass Valley. Turn left after just over 5 miles onto Hwy 49 towards Downeyville. Take highway 49 for approximately 10 1/2 miles, turn right onto Tyler Foote Rd. – turn right after one mile onto Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

### **From the South**

From I-5, take the Marysville/Yuba City exit (Highways 70/99). Take Highway 70 to Marysville. From Marysville, take Highway 20 east toward Grass Valley. Take 20/49 East towards Nevada City. Take Hwy 49 towards Downeyville. In approximately 10 1/2 miles turn right on Tyler Foote Rd., one mile turn right on Pathfinder Way. Follow Pathfinder to Holland Hall for check in.

### **Planning Your Expenses**

Expect very good, one-time only offers on upcoming courses and events. Ayurvedic oils and other products may be available for purchase.

### **General Course Schedule**

(Subject to change)

#### **Wednesday, June 6th**

Check in after 3pm  
Dinner at 6 pm  
Evening Course 7pm

### **General Daily Schedule**

4:15am Jap Ji Recitation  
4:30am-6:45am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)  
7am-8am Intro to Kundalini Yoga (OPTIONAL)  
8am-9am: Breakfast  
9:00am-1pm: Morning Session  
1pm-2:30pm: Lunch  
2:30pm-6pm: Afternoon Session  
6pm-7:30pm: Dinner  
7:30pm: Special Evening Program

### **Sunday, June 10th Schedule**

4:15am Jap Ji Recitation

4:30am-6:45 am: Sunrise Sadhana-Early Morning Yoga & Meditation (OPTIONAL)

7am-8am Intro to Kundalini Yoga (OPTIONAL)

8am-9am: Breakfast/Pack Belongings

9:00am-1pm: Morning Session

1pm-2:00pm: Lunch

2:00 Shuttle pick up at cabins/departure

### **What To Bring**

To make your experience at the retreat comfortable please bring the following items:

- Yoga clothing with layers for cool mornings and evenings
- Comfortable walking shoes
- Sleeping Bag, blanket and pillow
- Towel
- Toiletries
- Flip flops for shower
- Yoga mat, meditation cushion and/or firm blanket for sitting on, yoga strap or something that can work as one. ***No cushions or mats will be provided, please bring your own!***
- Bathing suit for river or creek- there is an onsite pool and stream with the Yuba River near by.
- Daypack or tote bag to hold the things you will want to have with you over the course of each day
- Water bottle
- Reusable mug for tea or coffee
- Journal and/or notebook and pens

- Flashlight
- Chargers for cell phones
- Alarm clock (only if you don't have one on your phone)
- Ear plugs and sleep mask if you are a light sleeper

### **Off-site Local Accommodations**

#### **MILANO'S INN**

27949 Cherokee St.

N.San Juan, Ca 95960

530-292-0193

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

#### **OUTSIDE INN**

575 East Broad Street, Nevada City, Ca 95959

(530) 265-2233

#### **BROAD ST. INN**

517 West Broad St, Nevada City, Ca

(530)-265-2239

#### **NATIONAL HOTEL**

211 Broad Street Nevada City, CA

(530) 265-4551

#### **NORTHERN QUEEN INN**

400 Railroad Avenue, NC, CA

(530) 265-5824

#### **HOLIDAY INN EXPRESS**

121 Bank St., Grass Valley, Ca 95945

(877)-859-9095

#### **THE HOLBROOKE HOTEL**

212 West Main St., Grass Valley, Ca 95945

(800)933-7077

**SIERRA MOUNTAIN INN**

816 West Main St., Grass Valley, Ca 95945  
(866) 539-8430

**Vacation Rentals By Owner** <http://www.vrbo.com/vacation-rentals/usa/california/gold-country-high-sierra/nevada-city>

Sweet Cottage 30 min away from Shady Creek  
<https://www.airbnb.com/rooms/5684862>

**Recommended Restaurants**

**CALIFORNIA ORGANICS HEALTH FOOD STORE AND ORGANIC GRILL**

135 Argall Way, Nevada City, CA 95959  
(530) 265-9392 / \$\$

**SOPA THAI**

312 Commercial St, Nevada City, CA 95959  
(530) 470-0101 / \$\$

**IKE'S QUARTER CAFE**

401 Commercial St, Nevada City, CA 95959  
(530) 265-6138/ \$\$

**NEW MOON CAFE**

203 York Street Nevada City, California 95959  
(530) 265-6399/ \$\$\$

**SOUTH PINE CAFE**

110 S. Pine St. Nevada City, California 95959  
(530)265-0260/ \$\$

**TASTE OF THAI**

204 W Main St, Grass Valley, CA 95945  
(530) 274-2968/ \$\$

**SUMMERTHYME'S BAKERY**

421 Colfax Ave, Grass Valley, CA 95945  
(530) 273-2904/ \$\$

**BRIARPATCH COOP AND DELI**

290 Sierra College Dr, #A, Grass Valley, CA 95945  
(530) 272-5333/ \$\$

**DEIGO'S**

217 Colfax Ave, Grass Valley, CA 95945  
(530) 477-1460/ \$\$\$

### **Local Health Food Stores-**

**BriarPatch** [www.briarpatch.coop](http://www.briarpatch.coop) 290 Sierra College Dr, Ste A Grass Valley, Ca 530-272-5333

**Ca Organics** [www.californiaorganics.org](http://www.californiaorganics.org) 135 Argall Way #A Nevada City, Ca 530-265-9392

**Natural Selection** 589 E Main St, Grass Valley, CA (530) 272-8789

### **Recommended Stores-**

**Spirithouse Imports** Clothing, Jewelry, Meditation Cushions, Shawls and gifts 320 Broad St., Nevada City, Ca 95959 (530)265-0114

**Wild Mountain Yoga** 574 Searls Ave, Nevada City, Ca 95959 [www.wildmttyoga.com](http://www.wildmttyoga.com)

**Inner Path Yoga Studio and Store** Yoga supplies, altar items, gifts  
200 Commercial St., Nevada City, Ca (530)470-6057

**Mama Madrones** Organic yoga clothing and supplies 307 Broad St, Nevada City, CA (530) 478-1700

**Abstrakt** Yoga clothing, jewelry and gifts 228 Broad St, Nevada City, Ca 95959 (530)470-8979

**Elixart Art and Elixir Bar** 408 Broad St., Nevada City, Ca 95959

**Blue Lotus Exotic Furniture** 595 E Main St, Grass Valley, CA 95945

**Kurt's Garden** Exotic and Native Plants 595 E Main St, Grass Valley, CA 95945 (530)274-8733