

PENUEL RIDGE ACCOMMODATIONS



Penuel Ridge Retreat Center is only 30 minutes from the hustle and bustle of Nashville, yet it is a world away. We offer time and space to unplug, unwind, and reconnect to the sacred within and the sacred all around.

Located on 135 pastoral acres in rural Cheatham County, guests are afforded the opportunity to be in communion with nature as well as enjoy well-appointed lodging that evokes comfort. The grounds are teeming with native plants and wildlife, all within reach of walking and hiking trails, a two-acre lake and numerous outdoor settings for prayer, meditation, and quiet reflection.



THE MAIN RETREAT HOUSE

Sleeps up to 14 guests

Ground Floor

- 1 bedroom sleeps two
- 1 bedroom sleeps three

Bathrooms – 2 full baths – one with a walk-in shower and one with a tub and shower

Kitchen – large and well-equipped with pots & pans, dishes, glassware, utensils, and more

Dining Room – wood-burning fireplace and has table seating from 16–20 people; patio with picnic table and rocking chair off of the Dining Room

Drink Table – complimentary herbal teas, honey, hot water, filtered drinking water, instant coffee, sugar, powdered creamer, Splenda

Dayspring Room – large casual living area with fireplace and floor-to-ceiling windows on 3 sides; deck with bench seating off of Dayspring Room

Covered Patio with porch swing and wind chimes off the north end of the House

Extensive Library

Bird Feeders

Upstairs

- loft sleeps 5

Downstairs Suite

- 1 bedroom sleeps four
- sitting/dining room
- galley kitchen
- full bath

Provided For Guests

- Bed & Bath linens
- Paper Products
- Filtered Drinking Water
- Flashlights, Bug Spray, Walking Sticks
- Wi-Fi – password protected
- Land Line
- NOAA Weather Radio
- Firewood
- Central Air Conditioning & Heating

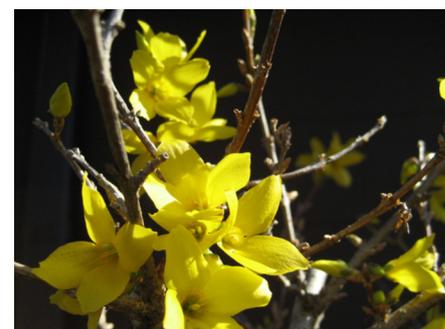
THE DOROTHY DAY COTTAGE

Sleeps up to 2 guests

A hermitage on the land for those seeking more privacy; More rustic in nature, the Cottage has electricity, but not running water. Guests are welcome to use the restroom and shower facilities in the Main Retreat House, which is within easy walking distance.

Equipped with:

- 2 twin beds
- Writing Desk
- Wingback recliner
- Wingback Chair
- Galley Kitchen
- 5-gallon dispenser for filtered drinking water
- Small refrigerator
- Microwave Oven
- Coffee Maker
- Toaster oven
- Small a/c unit and box fan for cooling
- Radiant Electric Heater
- Portable Toilet
- Private deck with tables and chairs
- Bird Feeders
- Bed & Bath linens provided
- Paper products provided
- Flashlights, Bug Spray, Walking Sticks provided



THE WELL

Can seat up to 30 guests

A unique sacred space designed in-the-round. Its uniqueness is due to the utilization of straw-bale construction techniques, which is a sustainable method of building. Open to persons of all faith walks, The Well can be used for worship, prayer, meditation, movement, or any activity that connects our guests to the Divine. It offers excellent acoustics for singing, drumming, and chanting and is a conducive backdrop for a variety of healing modalities such as yoga, meditation, breath work, massage therapy, Reiki, and many more. Guests often return to use The Well for celebrations, remembrances, acoustic concerts, and to mark life events.

THE LABYRINTH

Carved into the meadow is an 11-circuit labyrinth nestled between The Well and Lake Joyce. It is an ancient walking tool for prayer and meditation and can be used for solo or group walks. Guests often begin their retreat with a labyrinth walk, which naturally helps to wash away the stresses of the outside world.

THE FIRE CIRCLE

A fire circle is laid out in the lower meadow, parallel with the cascade. Guests are welcome to use it when we are not under burn ban restrictions by the county. Firewood is provided, as are camp chairs.

THE COVERED PICNIC AREA

A covered picnic area marks the edge of the lower meadow and sits at the base of the dam to Lake Joyce. Built on a concrete pad, it houses an 8-foot picnic table with ample open space to set up an additional table, games, or chairs.

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HELPFUL INFORMATION

Penuel Ridge is a contemplative retreat center where quiet and reflection are valued. We do our best to remove the distractions of the outside world therefore there are no television sets, radios or computers.

- Due to the topography of the land, it is doubtful you will have cellphone reception
- A land line is provided in the Main Retreat House for guests to make/receive calls; the # is 615-792-5936
- Guests have access to password-protected Wi-Fi in the Main Retreat House

More information can be found at:
www.penuelridge.org

- Meals are not provided; there is a large, well-appointed kitchen guests or caterers may use to prepare meals
- Personal hygiene items are not provided
- If you wish to hike, we suggest wearing comfortable, loose-fitting clothing and appropriate shoes
- A Volunteer Greeter will welcome and orient you to the facilities and land and be available by phone for the duration of your retreat
- Upon arrival, guests may drop off belongings at the Main Retreat House or Cottage, then move the car(s) to the designated parking area; there are 2 handicapped parking spaces at the Main Retreat House, if needed



INDIVIDUALS

TYPE	RATE	PER PERSON	PAYMENT ARRANGEMENTS
Day Retreat	\$50 per day*	X	Retreat fee is due in full when reservations are made; payment can be made by major credit/debit card, check or money order.
Overnight Retreat	\$78 per night*	X	
<p>Cancellation Policy: should you need to cancel, the retreat fee is non-transferable and will be retained in full as a cancellation fee</p> <p>*children under the age of 16 are 1/2 price</p>			

GROUPS

TYPE	RATE	PER PERSON	PAYMENT ARRANGEMENTS
Day Retreat	\$70 per day	X	A DEPOSIT of 50% is due at the time reservations are made. The BALANCE is due 20 days prior to the retreat date. Payment can be made by major credit/debit card, check or money order.
Overnight Retreat	\$98 per night	X	
<p>Cancellation Policy: If notice of cancellation is received is 60 days or greater from the Arrival Date, 25% of the deposit is refundable. If notice of cancellation is received less than 60 days from the Arrival Date, the entire deposit plus any subsequent payment(s) are non-transferable and will be retained in full as a cancellation fee.</p>			