



Holden Village Meditation Retreat

October 3-6, 2025, Holden Village, Chelan, WA

Join the Tacoma Buddhist Center for a unique opportunity to practice and enjoy community in the breathtaking wilderness of Holden Village. You can only get there by hiking or boat, so it takes a day of travel both ways. We have two full days for the main retreat program and will explore deepening into presence with nature as a supportive condition, embodied meditation practice, and restorative practices to regulate the nervous system.

If you plan to attend, please book your own reservation at www.holdenvillage.org for Oct 3-6 and make sure you book a room in the Chalet. The cost is \$315 for three nights and includes all meals. You must also book your own boat ride at <https://ladyofthelake.com>. The roundtrip boat ride cost is \$91.16. Carpooling is available. See the next page for booking instructions and the travel itinerary.

Please contact Manidha at tacomameditation@gmail.com, (253) 237-3620 to confirm your reservation, so we know how many people to expect.

Travel Itinerary

October 3:

- 5:00am: Leave Tacoma by car
- 8:30am: Arrive at Field's Point Landing to park and board the boat
- 9:20am: Leave Field's Point on the Lady Express
- 11:40am: Arrive at Lucerne/Holden Village
- 12:00pm: Take bus to Holden Village
- 12:30pm: Arrive at Holden Village in time for lunch

October 6:

- 11:45am: Leave Holden Village by bus
- 12:30pm: Arrive at the boat dock
- 12:50pm: Leave Lucerne/Holden Village by boat
- 3:20pm: Arrive at Field's Point
- 6-7pm: Arrive back in Tacoma by car (traffic dependent)

Another option if you don't want to leave so early on October 3 is to spend the night before at the Holden Village B&B, <https://www.holdenvillage.org/visit/bed-breakfast/>

Instructions for booking a room at Holden Village and the roundtrip boat ride:

- Go to <https://guestrez.megasysrms.com/6LQBS/holden-village/>
- Fill in the Check In and Check Out dates (Oct 3-6) and click on "Search"
- Select the room you want. All rooms are the same cost, \$105 per night. Make sure you select a room in the Chalet. This is where we are all trying to stay and where we will hold the retreat. If the Chalet rooms are not available, just book any other room and the staff will try to keep us together.
- Click on any additional services like dietary restrictions
- Click on the Cart and then Proceed to Checkout
- Follow the remaining prompts to enter all your personal and credit card information. Holden Village requires one night fee as a deposit with the rest due seven days before arrival.

Instructions for booking the Lake Chelan Boat Company boat ride:

- Go to <https://ladyofthelake.com/overnight-one-way-tickets/>
- Enter Oct 3 for Uplake on the Lady Express and enter Oct 6 for Downlake on the Lady Express
- Click "Book Now" under Lady Express Uplake
- Select Oct 3 and click on "8:30am Express One Way: Uptake"
- Select number of adults
- Select "Field's Point Landing where it asks where you are boarding the boat"

- Select "Lucerne/Holden Village" where it asks where you would like to be dropped off
- For the Downtake trip, select "12:30pm Express One Way: Downtake" and follow the same steps as above, this time going from Lucerne/Holden Village to Field's Point Landing.