

**Cedar Ridge Retreat Center:**

Less than one hour west of Portland, [Cedar Ridge](#) is a simple and pristine facility. In the main house, we have a full kitchen, and a 24 hour tea service. We have a great room with a soulful library of books, and a wood stove for warming our insides during the winter months. Throughout the main house and lodge, we offer shared accommodations with very comfortable single and bunk beds, nice linens, and shared full bathrooms.

**The Food:**

All of our meals are vegetarian, and are made from scratch with great love. Our ingredient comes from local and organic sources when possible. We believe that the quality of what we put into our bodies in food, thought, and experience will create an equal and parallel quality of energy we are able to return to the world through our relationships and our life's work. We always do our best to accommodate dietary restrictions and can accommodate vegan, gluten-free, sugar-free, and lactose-intolerant diets. Please be sure to indicate your specific needs when you register. If you do have strict limitations, feel free to bring food of your own to supplement and we are happy to provide kitchen and refrigerator space to support you

**Coming Alone:**

Whether you are coming alone or with a loved one, there are plenty of opportunities to meet like-minded friends, or to embrace a weekend of solitude if you prefer. If you come alone, we guarantee you will leave with new friends in your life.

**Coming with Others:**

A Yoga With Britt weekend retreat is a great way to strengthen any important relationship. You should have no problem rooming with your loved ones, and depending upon the size of the retreat, we will do our best to offer a private room, although this may not always be possible.

**Arrival:**

You are welcome to arrive anytime on Thursday between 4 pm and 6 pm. Arriving a bit early will allow you to miss heavy traffic and settle in a bit before we eat dinner. If this is not possible, no worries, and if you happen to arrive a bit later, you can meet us in the dining hall. Most important, relax & arrive when you can.

**Map/Directions:**

[Click here](#) to download directions to Cedar Ridge. You can also get directions and map it from your destination on Map Quest. [Click here](#) for a map.