



The Unseen Hand: Medicine from Antiquity

www.theunseenhand.org

TRAVEL TO & FROM OUR RETREAT CENTER & CLINICS

OUR RETREAT CENTER: SHEEPSCOT HOLLOW, WHITEFIELD, ME

1. Automobile: Driving directions are available upon request. Please email our office (info@theunseenhand.org).

2. Bus: Concord Coachlines (<http://www.concordcoachlines.com/midcoast-to-boston.html>): Service between Maine - NYC & Boston. Direct connections from Boston to Wiscasset (*preferred* - 20 minutes from Whitefield) and Portland (1 hour from Whitefield).

Megabus (www.megabus.com): Service between Maine - NYC & Boston (and between Montreal & Boston). You can book through to Portland (though the travel from Boston to Portland is sub-contracted on Concord). This is often the least expensive as there are excellent coupons through Megabus.

3. Train: Amtrak runs directly from NYC to Portland (<https://www.amtrak.com>), or from Boston to Brunswick via the Downeaster (<https://amtrakdowneaster.com>).

4. Air: Portland (PWM) & Boston (BOS). If you are flying through Boston, you will need to rent a car or take a Concord Trailways bus (please see above) to Wiscasset or Portland. See more about our shuttle service below.

5. Shuttle Service to/from Whitefield:

With at least one week's notice we can provide the shuttle services below.

Fees: To/from Portland - \$25 one way, \$40 round trip.
To/from Augusta or Brunswick - \$15 one way, \$25 round trip.
To/from Wiscasset - no charge.

Hours: Please check the logistics letter or with our office to confirm the registration time for your arrival. For Portland, you will need to arrive no later than one hour before the start of registration. For Augusta, you will need to arrive no later than 30 minutes before the start of registration. For Wiscasset, there is one bus daily that arrives at 2:30pm. This is the preferred option and as long as this works within the registration time, we will be able to accommodate this arrival time. If you have questions, please write the office and we will assist you. Our shuttle hours to/from Whitefield are 8:00am - 8:00pm. There are often wait times, as our shuttle may be serving multiple travelers. We offer shuttles as close to your arrival/departure times as possible.

Planning: Please send an email the office (info@theunseenhand.org) prior to scheduling your flight/bus to confirm shuttle availability. Send your final travel itinerary a minimum of one week prior to arriving. Note that we recommend travel insurance in the case of any unexpected changes.

**Entrusted to the Source of our Medicine. Heaven.*

**Rooted in the discipline of Generosity. Earth.*

**Practiced with respect for Our failings and Our truest potential. Human & the 10,000.*

An Offering of Love: to keep an open door, no matter what.



The Unseen Hand: Medicine from Antiquity

www.theunseenhand.org

OUR TEACHING CLINICS

VERMONT (MONTPELIER): For information please email Taylore Grymonnt (tayloregrymonnt@gmail.com).

VERMONT (PUTNEY): For information please email Sarah Laplante (sarah.swordhands@gmail.com).

NEW YORK CITY: For information please email the office (info@theunseenhand.org).

**Entrusted to the Source of our Medicine. Heaven.*

**Rooted in the discipline of Generosity. Earth.*

**Practiced with respect for Our failings and Our truest potential. Human & the 10,000.*

An Offering of Love: to keep an open door, no matter what.