



IFS and Eating - A 6-day intensive retreat with Jeanne Catanzaro, Marcella Cox and Theresa Chesnut – Chester. U.S.A.

9th March – 14th March, 2025.

Guest House Retreat & Conference Center, - Chester, Connecticut, USA



Here is some general information which you might find useful as you plan your trip to beautiful Chester, Connecticut for this wonderful retreat with Jeanne, Marcella and Theresa. If we have missed anything or you have any further queries, please don't hesitate to let us know.

How to get there.....and more!!



The Guest House Retreat & Conference Center is located midway between New York City and Boston, ten miles north of the Long Island Sound coastline. The most common travel hubs are Bradley International Airport in Windsor Locks and Old Saybrook Train Station. Guest House is not served by public transportation and so hiring a car, arranging a ride with a fellow retreat member and/or hiring a private car or taxi service is highly recommended.

Driving times to Guest House:

Driving times without traffic:

New York City: 2 hours | **Boston:** 2 hours | **Providence:** 1 hour, 30 minutes | **New Haven:** 45 minutes | **Hartford:** 45 minutes

***Note that there is currently a GPS bug with their address and we recommend that you find them by name "Guest House Retreat..." in your navigation tools.*

Drive times to Guest House Cont....

From I-95N/New Haven/New York City

- I-95 (North) to Exit 63, Route 81 North
- Follow Route 81 North for about 8 miles
- Turn right onto Route 148 East, continue about 1.5 miles
- Immediately after the sign for the Town of Chester, you will see the sign for Guest House on your left

From I-90W/Boston

- I-90 West to Exit 9, I-84
- Continue on I-84 West for 50 miles to I-91 South
- Follow directions from I-91 south (traveling from Hartford, below)

From I-91S/Bradley Airport/Hartford

- I-91 South to Exit 22 South (exit on the left), Route 9 South
- Follow Route 9 South for 17 miles to Exit 8 (Old Exit 6)
- Turn right onto Route 148 West, toward Killingworth; continue 3 about miles
- Guest House is located on the right, across from Masonicare at Chester Village

From the Merritt Parkway/Western NY

The Merritt is a more scenic drive than I-95 and does not allow trucks.

- Take the Henry Hudson Parkway/West Side Drive/Route 9A to Exit 4, the Cross County Expressway
- Stay left and follow signs to the Hutchinson River Parkway and Merritt Parkway, continue about 12 miles to enter the Hutchinson River Parkway
- The Hutchinson River Parkway becomes the Merritt Parkway in Connecticut

Drive times to Guest House Cont....

- Continue about 52 miles to I-95 North and then follow directions from I-95N/New Haven/New York

From I-95S/Rhode Island

- I-95 South to Exit 69, Route 9 North
- Follow Route 9 to Exit 8 (Old Exit 6), Chester
- Turn left onto Route 148 West, toward Killingworth; continue about 3 miles
- Guest House is located on the right, across from Masonicare at Chester Village

Guest House Retreat & Conference Center Location:



Their name "Guesthouse" was inspired by the poem originally written by the 13th century mystic poet Rumi.

The Guest House Retreat & Conference Center is located in the scenic Connecticut River Valley, situated on 12 wooded acres. Their tree-shaded, three-tiered deck overlooks a pond, and is ideal for dining and relaxing. Off to the north, there is a large open clover field, perfect for yoga or yard games. Their woods are a certified wildlife habitat and they have two 15-20 minute trail loops, perfect for an easy nature walk. Along the trails, you can find the 25' Labyrinth.



25' Labyrinth

The retreat venue is a 20-minute drive from gorgeous Connecticut coastline towns and beaches, on the Long Island Sound which offer miles of scenic biking.

If you are feeling more adventurous, you are free to take on the many miles of hiking trails in the adjacent 16,000 acre Cockaponset State Forest. Just 2 miles down the road, swimming is available in the gorgeous Pattaconk Lake. Here you can find even more hiking. In the opposite direction is the wonderfully-maintained Parmelee Farm, which has miles and miles of trails.

The nearby town of Chester is a charming New England town featuring several fine restaurants, cafés, art galleries, and boutiques.

Getting to the Guest House Retreat & Conference Center

By Air

Guest House is conveniently located near several airports:

- Bradley International Airport (BDL), Windsor Locks (60 minutes)
- Tweed Airport (HVN), New Haven (45 minutes)
- T.F. Green Airport (PVD), Providence (1 hour, 25 minutes)
- LaGuardia Airport, New York (2 hours)
- JFK International Airport, New York (2.5 hours)
- Newark International Airport, Newark (3 hours)

Rental Car

All the major rental car companies will be available at the various airports mentioned above if you decide to hire a car and drive to the retreat venue.

Suggestions for Car Services to the Guest House

If is advisable to call to book your ride as soon as you know your travel dates.



To and From Bradley International Airport, Windsor Locks CT

Hesham Taxi Service – 860.690.1612

Accent Limousine – 860.529.0400

To and From Old Saybrook Train Station, Old Saybrook CT

Essex Taxi – 860.767.7433

To and From JFK, LaGuardia, Newark Airports

Liberty Limousine – 203.235.9200

CT Limousine – 203.974.4700

Scanlon – 203.668.4734

By Train

Guest House is located about twenty minutes from the Old Saybrook Train Station (OSB). Amtrak and Metro North both stop there, and from the station you can take a private car service (above) to Guest House. Both the New York and Boston trains are approximately two-hour trips.



Metro North/Shore Line East Railroad: NYC to Old Saybrook, CT
Metro North/Shore Line East schedule

Amtrak: To Old Saybrook, CT
800-872-7245
Amtrak schedule

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The Weather:



The weather in Chester, Connecticut in March is cold with a gentle breeze, with average highs of 45°F (7°C) and lows of 30°F (-1°C). [March](#), the first month of the spring in [Chester](#), is a chilly month, with an average temperature varying between 32.5°F (0.3°C) and 43.7°F (6.5°C). In March, the average relative humidity is 74%. It is the month with the most snowfall. Snow falls for 4.7 days and accumulates 2.76" (70mm) of snow. The average length of the day in March is 11h and 58min. The average sunshine in March is 6.3h.

What to bring:



In your bedroom at Guest House you will find a comfortable bed, ready-made for you on arrival, a set of towels, a clock, soap, and a cup. Extra blankets and pillows are available in each closet. Hair dryers and irons are available in the Guest Amenities Closet. There are no televisions at Guest House, but they have one telephone for guest use at the front desk. You should bring toiletries such as shampoo, toothbrush and paste, and shaving items.



If you plan to enjoy the outdoors, sunscreen, insect repellent, sturdy shoes, and a warm cap are advisable. Remember to bring a swimsuit and beach towels if you think you may visit Cedar Lake or the Long Island Sound for an early spring swim.

Keep in mind that this is tick country; use of insect repellent while engaging in any outdoor activities is always advised.

It is advisable for the retreat to bring casual clothes so comfortable pants and casual relaxed wear generally. It might be a good idea to bring clothes that allow you to layer up or layer down depending on the time of day. Jeans and a fleece or two for the evenings might be a good idea. If you are a keen walker, you may wish to bring walking paths and a very warm jacket and hat and gloves as temperatures in March are still very chilly. Please ensure to bring comfortable walking shoes or sneakers.....and as much as we hate to say it, maybe pack a raincoat...just in case!!

Where you will be staying for the retreat:



The Guest House was built as a country inn and offers beautiful and comfortable accommodations while maintaining a feeling of serenity throughout. Our Retreat Participants enjoy the convenience of meeting rooms, dining halls and guest rooms located under one roof, while enjoying the comfort and privacy of individual spacious guest rooms, each with a full bathroom. Every guest room is decorated with elegant and functional furnishings, and no two rooms are exactly alike. High-speed WiFi and air conditioning are available in all guest rooms and throughout the building. Guest House is a beautifully renovated country inn that combines functionality with comfort. It has many features that you can enjoy throughout the retreat week such as:



Guest House Facilities -

- Facility-Wide High Speed WiFi
- Private baths in each of Guest Rooms
- Fully air conditioned and heated guest rooms, with most using environmentally friendly, individually controlled HVAC units
- A fitness center featuring aerobic exercise equipment, free and fixed weights, a ping pong table, and a sauna.
- Their Guest Amenities Closet has all the little things you miss from home: Irons & Ironing Boards, Fans, Bath Mats & Extra Towels, etc
- Bottomless Coffee & Tea Served in their Dining Room
- Three healthy, expertly prepared meals per day. Most menus are adapted to many common allergies such as gluten & lactose intolerance.

Guest House Facilities (Cont.) –

- Wooded walking trails on property, with many hiking trails very close by.
- Two large open fields, perfect for yoga or yard games – Weather permitting.
- Full-size tennis court
- A meditation Labyrinth.
- A lending library
- A Gift Shop & Necessities Store

OUR COVID – 19 POLICY

Please review our FAQs page on our website for details about Covid-19 - <https://www.souliology.com/faqs>

Finally, in light of the current global circumstances, we recommend taking out travel insurance which includes trip cancellation insurance plus we recommend booking refundable flights to the retreat venue. While we are fully committed to hosting the retreat in person, we wish to acknowledge the uncertainties, and we believe it's wise to safeguard your financial investment. (you may be able to avail of some cover through your credit card; so please don't forget to inquire).

If you require any further information, please do not hesitate to contact us at contact@souliology.com. We are here to help.

We are looking forward to welcoming you on retreat with us in Chester, Connecticut and thank you for choosing us to be part of your personal healing journey!

