UPDATED NOVEMBER 2026

Guidelines for Retreat Leaders

baskretreatcenter.com/guidelines/retreat-leaders

Thank you for choosing Bask to hold your retreat. These guidelines protect the land, our neighbors, your participants and the experience we create together. As a retreat leader, you agree to follow them and to share them with everyone in your group.

Substances & Ceremonies

Bask is a place for clarity, rest and healing in nature. To protect your participants, our neighbors and the land, our substance policy applies to every retreat held at Bask.

- **Illegal substances are strictly prohibited** anywhere on the Bask Retreat Center premises. This includes psychedelics and traditional or plant-medicine ceremonies (for example psilocybin, ayahuasca, MDMA and similar).
- Retreats may not advertise, offer, facilitate or include the use of any illegal substance, even when it's framed as ceremony, medicine or optional.
- **Alcohol:** Bask allows guests to bring and enjoy their own alcoholic beverages; however, Bask does not provide, serve, or sell alcohol. Guests are expected to drink responsibly and respectfully, keeping the safety and comfort of others in mind.
- **Cannabis, THC products, smoking and vaping:** Bask is committed to maintaining a clean, healthy, and peaceful environment for all guests. Smoking and vaping are prohibited inside all buildings, accommodations, and shared gathering spaces and are only permitted in designated outdoor areas. All smoking materials must be properly extinguished and disposed of to protect the land and prevent fire hazards. The use, possession, or distribution of marijuana, THC, or other illegal substances is prohibited on Bask property. Guests are expected to respect these guidelines to ensure a safe and welcoming environment for everyone. Bask reserves the right to ask guests to leave if these policies are violated.
- Bask reserves the right to end a retreat without a refund if this policy is violated.

Conduct & Programming

All programming at Bask must be legal, consensual and appropriate for a shared retreat setting.

- Sexual activity and sexually explicit content are not permitted as part of any retreat programming or in shared spaces.

- Nudity is not permitted in shared or outdoor spaces.
- Harassment, discrimination and aggressive behavior are not tolerated toward guests, staff, neighbors or wildlife.
- Activities with physical risk, such as breathwork, cold plunges, fasting or extended hikes, must be disclosed to Bask in advance.
- If these guidelines aren't followed, or if anyone's safety is at risk, Bask staff may ask an individual or group to stop an activity or leave the property without a refund.

Leader Responsibilities

As the retreat leader, you're our partner in creating a safe, well-run experience for your group.

- **Share these guidelines** with every participant before arrival, and have each participant acknowledge them. Our Guest Guidelines (baskretreatcenter.com/guidelines/guests) apply to your participants too.
- **Waivers:** every participant must sign a waiver. These can be provided prior to arrival or at check-in. Please let our staff know your preference.
- **Participant roster:** send your final participant list, with emergency contacts and any dietary or medical needs, 7 days before arrival.
- **Insurance:** event insurance is encouraged but not required.
- **Point person:** name one leader who is reachable at all times and is the main contact for Bask staff. This information will be given directly to leaders in advance of the event or retreat.
- **Facilitators and vendors:** outside facilitators, caterers and vendors must be approved by Bask in advance.
- **Supervision:** you're responsible for your participants' conduct throughout the retreat.
- **Minors:** Minors may be permitted at Bask depending on the nature of the retreat or event and must receive prior approval from Bask. All minors must be accompanied by a parent or legal guardian, or an approved responsible adult, and remain under appropriate supervision throughout their stay. Retreat leaders are responsible for communicating any plans to include minors in advance to ensure the experience is safe and appropriate for all guests.

Arrival, Schedule & Spaces

Help us keep every space ready for your group and the next.

- **Check-in and check-out:** Check-in is 3pm on arrival day. Check-out is 11am on departure day. Early arrival or late departure only by arrangement and must be approved in advance.
- Use only the spaces included in your booking. Please ask before using other buildings or areas.
- **Quiet hours:** 10pm to 7am. Amplified music and drumming only in approved spaces and at approved times.
- Leave spaces as you found them: furniture returned, trash removed and kitchens cleaned.

Caring for the Land

Bask is a wildlife sanctuary and 42 acres of protected land in active restoration. Please share these practices with your group.

- Stay on marked trails, and respect restoration areas and closed areas.
- Don't pick, harvest or remove plants, fungi, stones or wildlife, unless it's part of an approved, guided activity.
- Fires only in designated fire pits, and never during a burn ban. Candles and incense only where permitted. Never leave open flames unattended.
- Pack out what you bring, and use the recycling and compost stations.
- **Pets:** There is a $150 pet fee, and pets must be approved prior to arrival. Pets are only allowed in the Cabins and Domes, not Buffalo Lodge.
- Drones are allowed only with prior approval from Bask.

Safety

Bask is a rural property. Make sure your group knows how to stay safe and how to get help.

- Know the emergency contacts and the Bask address (below), and share them with your group.
- Report any injury, illness or incident to Bask staff right away.
- Brief your group on seasonal risks: ticks, heat, uneven terrain, wildlife and weather.
- In severe weather, follow Bask staff instructions. Details are given in advance.

Photography & Marketing

We love seeing your retreat shared. Please respect your participants' privacy and our brand.

- Get consent before photographing or filming participants.
- You're welcome to name Bask as your venue in your promotion. Bask can share branding guidelines and assets upon request.
- Please don't describe your retreat as a Bask-hosted retreat unless it's hosted by Bask.

Frequently Asked Questions

Is it OK to host traditional medicine journeys, psychedelic experiences, etc.?

No. We strictly forbid the use of any illegal substances on the Bask Retreat Center premises.

Can my group drink alcohol?

Yes, but please drink responsibly.

Do my participants need to sign a waiver?

Yes. This can be shared prior to arrival or at check-in.

Can I bring my own facilitators, chef or vendors?

Yes, with Bask's approval in advance. Please share their names and roles when you finalize your booking.

How do my participants book lodging?

Participants reserve lodging through the retreat leader directly. All ticket sales should be through the retreat leader, not Bask.

Is there cell service and Wi-Fi?

Cell service is spotty. Wi-Fi is available and the details are shared in advance.

What happens in a medical emergency?

Call 911 first, then contact the on-site Bask staff member. The nearest emergency room is Ascension Saint Thomas Hickman Hospital in Centerville. See Emergency Contacts below.

Who do I contact with questions before my retreat?

Email chelsea@baskretreatcenter.com.

Contact Us

Questions about these guidelines, your booking or your stay? We're happy to help.

- **Email:** info@baskretreatcenter.com
- **Office hours:** Monday to Friday, 9am to 4pm CT.
- Or send us a message at baskretreatcenter.com/contact.

Emergency Contacts

In a life-threatening emergency, call 911 first, then let Bask staff know.

- **Emergency services: call 911.** Give the address: 609 Wades Branch Rd, Centerville, TN 37033.
- **Nearest emergency room:** Ascension Saint Thomas Hickman Hospital, 135 E Swan St, Centerville, TN 37033. Open 24/7. (931) 729-4271

- **Urgent care (non-emergency):** Ascension Saint Thomas Medical Partners Hickman Express Care, 1518 Highway 100, Centerville, TN 37033. (629) 888-5117. Open Monday to Friday, 8am to 6pm, and Saturday, 8am to 2pm.
- **Poison Control:** 1-800-222-1222

Location & Directions

Bask Retreat Center
609 Wades Branch Rd, Centerville, TN 37033 (Hickman County). About 90 minutes west of Nashville.

Open in Google Maps

Directions from Nashville (about 1.5 hours)

1. From downtown Nashville, take I-40 West toward Memphis.
2. Take Exit 172 for TN-46 toward Dickson and Centerville. Turn left (south) onto TN-46.
3. Continue about 6 miles to the stoplight at the TN-46, TN-100 and TN-7 intersection in Bon Aqua. Turn right onto TN-100 West.
4. Follow TN-100 West about 17 miles into Centerville.
5. Turn right on E Beaverdam Rd.
6. Turn left on W Beaverdam Rd.
7. Turn left on Wades Branch Rd.
8. Turn left into Bask.
9. Parking details are shared directly based on your reservation.

Prefer a scenic drive? Take TN-100 West from Nashville through Fairview all the way to Centerville.