

ANNA HOUSE

Guide Book

A manual to welcome you,
and show you around your
new home

annahousetretreat.com

Welcome

to Anna House

Connie, the protector of Anna House welcomes you to this sacred land and home.

Connie had a vision several years ago after many trips to Mount Shasta that she would be "coming home" to the sacred mountains, supporting the creation of a sacred space to help facilitate others coming home to their ♥ hearts, the sanctity of Mother Earth, their interconnectedness to the stars and the cosmos, and the purity of our true nature.

The place was to be called Anna in honor of the Grand Mother, the heart chakra (Anna Hata) and our seeking a place of tranquility and grace.

The Anna House is inclusive of all spiritual, religious, agnostic, mystical, western and eastern traditions/schools of thought, as well as peoples of all nations, ethnicities, genders, and races.

Please delight your stay at the Anna house, and may you be awakened to many blessings and the magic of your being.

Meditation

SOUND MEDITATION: Please contact Connie if you or any of your guests would like any immersive sound meditative experiences. Connie is a licensed psychotherapist that connects to the profound power of transformational work, honoring the importance of heart, body, mind and spirit-based therapies. In addition to three decades of psychological, spiritual, and somatic training, she integrates sound meditation into her practice as a restorative and multidisciplinary healing tool. Please reach out in advance to discuss details and to determine the most appropriate experience for you and your loved ones.

415-254-6565

conniemicale.com

Mindfulness

AC / Electricity

It can get hot and/or windy in these parts! Luckily we are in a wind tunnel and have a plethora of ceiling fans to cool us down. Please take advantage of the breeze and the fans before you attempt to put on the AC.

Mother Earth, this sacred land and I would also appreciate it if you could unplug any electric devices not in use and not leave any lights on overnight or in empty rooms.

Mindfulness

Critter Prevention

The beautiful creatures that share this land with me are best cared for when they remain outside. Here are some tips I recommend to keep them safe:

- Refrain from leaving any doors or windows open that do not have screens.
- Keep the downstairs door closed at all times.
- Don't leave out food or crumbs and PLEASE PLEASE PLEASE store foods in the fridge, the tin box, or in tight containers.

Mindfulness

Avoid the wind slammer

You will soon appreciate the breeze; we are located in a wind tunnel that is very pleasant when it gets hot out.

Due to these strong winds, doors that are connected to the outside winds will almost certainly slam very loudly if left open. Do yourself and our house a favor by closing doors securely behind you.

Mindfulness

Well Water Decolorization

Please be aware that due to age and our well water system, sinks, tubs, showers, and toilets may show discoloration. Residue tends to stay from sediment and minerals. We are conscious of the discoloration and can assure you that Anna House is cleaned and cared for with love and healthy intentions.

How To

Connect to the Wifi

Network Name: MIC10777

Password: FunctionalAppendix



How to

Use the Ceiling Fan in the Main Room:

The light and ceiling fan FOR THE LIVING ROOM is powered on by a light switch and operated via a remote control.

To turn the fan on

- make sure the light switch is in the on position. The switch is located by the front entry way, it is third from the left.
- Go to the entertainment center and look for a basket near the TV
- In the basket is a white remote with grey buttons.
- Press the buttons with the dots to start the fan (1 dot is low, 3 dots is high)

Important: Please keep remote back where you found it, due to there is only ONE, and the guest will be liable for replacement cost of the unit.

How To

Use the Espresso Machine pt. 1



Follow this link to an
online tutorial

All machine parts are in the drawer below the coffee/tea station.

To make an espresso

- Grind your beans to fine
- Make sure water is full
- Select your filter basket and add grounds
 - single wall - fresh ground
 - double wall - pre ground
- Tamp the espresso grounds
- Lock in the portafilter
- Press buttons to pull shot
 - select the number of shots
 - select the cup icon

How To

Use the Espresso Machine pt. 2

See directions on the side of fridge

FROTHER

- To steam or froth milk, please use external frother
- Fill your pitcher with milk
- Select the steam mode (when the machine is ready the light will stop blinking)
- Steam until the desired amount of foam or milk temperature is reached
- Rinse to clean
- DO NOT SUBMERGE STEAMER MACHINE IN WATER

How To

Use the Dishwasher

When the dishwasher is full of dirty dishes:

- Grab a soap pod or DISHWASHER detergent from under the sink, place in the soap chamber and close the lid
- Select your wash cycle, dry cycle, and press start (for light load please use instawash)

Recommendations:

- Wipe or wash dishes before putting them in dishwasher to help them clean better
- Skip the dry cycle and let them air dry
 - it saves energy!
- Do not put stainless steel and silverware in the same basket
- Make sure plastics are secure
- Do not put these in the wash:
 - wood cutting boards, cutting knives, aluminum, pots.

How To

Use the Laundry

The Laundry room is located next to the main floor bathroom.

All laundry soaps and softeners are kept in the cabinet. Please only take what you need.

Always clean the lint filter before and after using the dryer.

How To

Use the hot tub:

The luxurious and soothing hot tub is located behind the house in the back garden. General rules/recommendations:

- Maximum capacity is 6 persons
- No children under 13, no people 13-18 unsupervised
- Staying in the hot tub over 20 mins can cause you to overheat and experience symptoms like light-headedness, dizziness, or nausea
- Pregnant persons and those with health related illnesses should consult a physician before using
- Please put in one inner circle (smaller) capful of chlorine every day 2 hours before use
- Set HEAT (fire symbol) to "ready" about 30m-1h BEFORE USE; Please turn back to "rest" after use
- ALWAYS CLOSE LID AFTER EACH USE & TURN OFF LIGHTS IF YOU USED THEM IN HOT TUB

Where to

Find extra towels, and paper towels.

Towels are located in linen closet next to laundry room.

Where to

Dispose of Garbage:

When your trash bins are full, please place your trash bags into the black garbage bin in front of the house. The bin goes out to Quarry road on Wednesday night for Thursday morning pick up. You can find fresh trash bags under the sink.

Dispose of Recycling:

Our house does not receive recycle pick ups. If you are able to take your plastic, glass, metal, and paper waste to a drop-off site when you leave. Below is a link to the recycling locations in our county. Otherwise place all of your waste into the garbage.



Siskiyou County
Recycling Opportunities

Animals Policy

- Dogs are allowed with pet fee. Absolutely no cats or any other animals allowed on premises.
- All dogs need to be housebroken and need to be on flea and tick prevention.
- All dog waste must be picked up and discarded.
- Please do not allow your dogs to dig holes on the property.
- DO NOT OPEN CHICKEN COOP WITH DOGS. DO NOT ALLOW DOGS IN THE CHICKEN COOP AREA!
- No dogs on furniture or on beds.
- No dogs outside the fenced in back area and in the front of the property!
- DOGS MUST BE ON LEASH! NO EXCEPTION. As to respect the HOA and for the safety of your dog as there are wild animals.

Fire Safety

General Rules & Guidelines

- Absolutely NO candles in the house
- No smoking anywhere on the premises
- Always be ready to extinguish a fire, there are fire extinguishers by stove, wood burning stove, fire table, and fire pit
- Don't put alcoholic beverages near fire pit
- NEVER LEAVE A FIRE UNATTENDED
- ALWAYS extinguish fire when done
- In Master Bedroom Suite, ALWAYS Turn off the electrical Fireplace Heater when NOT in Room.

Fire Safety

Fire Pit Rules

- ALWAYS extinguish fire when done
- There are two buckets of water and one bucket of sand, and fire extinguisher in case of emergency
- ALWAYS use on bucket of water to extinguish fire when finished
- Please refill and return bucket when done
- Do not use fire pit if wind exceeds 5 mph

Wood Stove Rules

- Use glove to open and close door
- Store lighter in box next to stove, NEVER on top of stove
- ALWAYS CLOSE THE DOOR
- Wood is available for purchase, \$10 a bundle. Venmo @Connie-Micale
- Do NOT use wood without purchasing
- Do NOT clean or discard any ashes from the stove!! (Keep in fire stove always)

Fire Safety

Outdoor Fires

Due to the extreme fire season, fires are only permitted during the winter months of Nov-Mar and in accordance with the City of Weed Fire Department's mandates and rules.

Absolutely no fires are permitted when winds are above 5 mph. Thank you for your understanding and cooperation in helping protect the Anna House Retreat Center.

City of Weed Fire Department

530-938-5020

550 Main Street, Weed, CA 96094

Fire Safety

Propane Tanks

ALWAYS TURN OFF FROM THE PROPANE
TANKS (turn to close) AFTER EACH AND
EVERY USE

(FIRE TABLE, FIRE LAMP, and BBQ)

NO EXCEPTIONS!

NEVER LEAVE THESE ON, WHEN YOU AND
YOUR GUESTS ARE NOT USING THEM (BY
SITTING AROUND THEM)!

ONLY ADULTS OVER 25 can use these
items for FIRE SAFETY.

Checking Out

Check-out Time is 10:00 AM

Do not hesitate to reach out in advance if you need an adjustment to check-out time.

Bedding & Linens

Please strip beds and leave linens on the bedroom floor. Please leave dirty towels on the bathroom floor.

Dishes & Trash

Please put your dirty dishes in the dishwasher. Please tie up trash and place it in the black garbage bin in front of the house.

Lights & AC

Please turn off all lights and unplug any space heaters in use. Leave heat at 55 degrees in the winter months and turn the AC off in the summer months.

Windows & Doors

Please make sure windows and doors are closed.

Thank you for your stay!