

New Year's Monastic Retreat Information

With the Aloka Vihara Nuns
December 27, 2014 – January 4, 2015
Insight Retreat Center
1906 Glen Canyon Road | Santa Cruz, CA

An Invitation to Simplicity and Letting Go

During retreat we come together as community to support each other in our practice, consciously letting go of the past and opening to the New Year with whatever it may bring. We create a monastic environment during our time together, and we offer you this opportunity to explore the Dhamma in a setting that differs somewhat from a typical meditation retreat.

In the spirit of the monastic lifestyle, we will be following the Eight Precepts, taking only what is offered, participating in the daily routine mindfully and with awareness, and attempting to reflect on our every activity as part of our practice. This will include Noble Silence, morning and evening chanting, sitting and walking meditation, and daily Dhamma teachings. There will be opportunities for group interviews along with Q&A during the retreat. An optional daily period of yoga will be offered by [Corina Stoicescu](#).

The Eight Precepts

To refrain from...

- 1) taking the life of any living creature
- 2) taking that which is not given
- 3) any intentional sexual activity
- 4) false and harmful speech
- 5) consuming intoxicating drink and drugs which lead to carelessness
- 6) eating at inappropriate times
- 7) entertainment, beautification and adornment
- 8) lying on a high or luxurious sleeping place

Accommodation is single rooms with shared bathroom facilities. The retreat center is wheelchair accessible. We are unable to accommodate any special dietary or environmental needs. We will offer breakfast and, in keeping with this monastic tradition, the daily meal (vegetarian) is eaten before noon. In the evening, hot drinks will be served along with “allowable” dark chocolate, cheese and ginger.

Each retreatant will also participate in one hour and twenty minutes of work each day. The smooth running of the retreat depends on everyone’s daily contribution to the retreat community. Retreat jobs should be done in silence as much as possible, maintaining your quiet and attentive state of mind.

Retreatants should commit to stay for the entire retreat and to fully participate in the retreat schedule including the daily work period. Please make travel arrangements accordingly so that you arrive in time for registration (3:00-5:30) on opening day and are able to stay through the closing ceremony on the final day. If you have any questions or concerns during the retreat, the retreat manager, Kathy Cheney, will assist you. Note writing should be minimized, and notes to the teachers need to go through the retreat manager.

Continuing in the ancient Buddhist tradition, the retreat and teachings are offered freely. In turn, retreatants are afforded an opportunity to support those transmitting the Dhamma by offering donations (*dana*) to the Teachers, Manager and Cook. Operating and food expenses are paid from *dana* previously received by the Saranaloka Foundation. At the end of the retreat, you can donate so retreats can continue to be offered to future retreatants on a *dana* basis.

We do require a deposit in the amount of \$150 with your registration, payable either by check or through PayPal. If you attend the retreat or cancel before November 26, 2014, this deposit will be returned to you

upon request. It will not be returned if you register and do not attend the retreat or if you do not cancel by the cancellation date.

To register, complete the online registration form here:

https://docs.google.com/forms/d/1baQ1d5zGEtFg0uB6Dj7lKdcZ_u_Ch39NxzwV6a4DUwg/viewform?usp=send_form

and submit your deposit either using the PayPal link below:

https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=9BVZ2DGYFTSMY

(If making a PayPal payment with a different name than the one registering for the retreat, please use the <Add> button to 'Add special instructions to the seller' and include the name of the person registering for the retreat.)

Or by sending a personal check. If sending your deposit by check, please make it out to **Saranaloka Foundation** and send to to:

Aloka Vihara
Attn: Vihara Manager
2409 Tolowa Trail
Placerville, CA 95667

Upon receipt of both your online registration and retreat deposit, you will receive an email confirmation.

For more information, email Dongshil at **SaranalokaRetreat(at)gmail.com**

Information about Aloka Vihara is available at www.saranaloka.org

Thank you!