

New Year's Monastic Retreat Information

With the Aloka Vihara Nuns
December 27, 2015 – January 3, 2016
Angela Center | 535 Angela Drive, Santa Rosa, 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 Anne Oliver.

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 or double rooms with shared bathroom facilities. The retreat center is wheelchair accessible. We are unable to accommodate 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. At meal times we offer vegan and gluten free alternatives. We are unable to accommodate other dietary needs.

Each retreatant will also participate in one hour 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.** Please allow two hours of travel time to/from Oakland or San Francisco airports. If you have any questions or concerns during the retreat, the retreat manager, Quilley Powers, 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.

Although there is no retreat fee, a \$150 deposit is required to register for the retreat. Registrants who cancel within four weeks of the retreat start date will not receive a refund of their deposit. Registrants who attend the retreat may request a refund of the deposit after the retreat is over. Deposits may be made by check or through PayPal and should be submitted along with registration.

To register, complete the online registration form here:

https://docs.google.com/forms/d/1FrPyu9ub1q9vrqhkZMLcoVaeu8qJCE0gizGoRG3pJ2Y/viewform?usp=send_form

Upon receipt of your online registration, you will receive an email confirmation.

For more information, email Dongshil at [SaranalokaRetreat\(at\)gmail.com](mailto:SaranalokaRetreat(at)gmail.com)

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

Thank you!