

# Shitro Ngakso with Neydren Retreat

June 21th - July 27th, 2019

Pema Osel Ling

Thank you for registering for our Shitro Ngakso with Neydren Retreat. Please read the following information as it could be helpful before and during your stay.

## Payment

- Please complete registration by paying in full before your arrival

### -Payment options

- Paypal by following the instructions given on the registration page
- Credit Card by calling our office at 831.761.6266 or by emailing [office@vajrayana.org](mailto:office@vajrayana.org) to arrange a time to make the payment.
- Check made out to "Vajrayana Foundation" and mailed to Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. Please write "Shitro Ngakso with Neydren Retreat 2019" in the Memo field or on the envelope. [Should the bank decline your check, you will be charged a 3% monthly fee on your remaining balance and billed for any bank fees.]

## Cancellation and Refunds

- If you cancel 7 days or more before your arrival we will refund 75% of your fee  
If you cancel less than 7 days ahead of time, we regretfully cannot issue a refund.
- Refunds will be issued after July 15<sup>th</sup>.

## Financial Assistance

If you require financial assistance we offer payment plan options and other alternatives. Please contact [office@vajrayana.org](mailto:office@vajrayana.org) to make arrangements.

## What to Bring

- Water bottle
- Flashlight
- Sleeping bag or linens and pillow case
- Towels
- Tent, if camping, and a thermarest or equivalent
- Ear-plugs (if disturbed by noise)
- Comfortable warm- and cool-weather clothing (layers work best)
- Sensible shoes for uneven terrain
- We provide chairs and cushions
- Prescription medication, especially asthma medication and heart medicines. The nearest hospital or emergency care clinic is an hour away.

## Parking and Driving

- Please park in **Parking Lot A** (sign-posted).
- You can park by the Sangha House if you are staying there.
- Please do not park in front of the pond, down by the cabin area or behind the Sangha House.
- Unless you have a physical disability, please do not drive around on the land.
- Please keep onsite driving speed to less than 5 mph.

## Accommodations

- We provide indoor housing with 2-4 people per room (single-sex).

- All beds come with a light comforter and a pillow. You must bring sheets or a sleeping bag, and a pillow case.
- You are welcome to bring your own tent and camp.
- We have a couple of RV hookups. Please contact the office to pre-arrange.

### Food

- We serve vegetarian options at all meals and meat dishes at most lunches.
- We will have gluten-free meal options but other than this, we apologize for not being able to accommodate individual dietary restrictions or requirements.
- If you have high protein needs please bring supplemental snacks. There is limited refrigeration by pre-arrangement
- Tea and hot water are available at the Dining Hall at all times. Coffee is available at breakfast.

### Children

- Children 13 and under need to be accompanied by a parent or parent-approved guardian at all times
- Adults are completely responsible for supervising their children unless childcare is available.
- Children are welcome in the shrine room as long as they do not disturb other guests.
- Swimming pool: We do not have a lifeguard. Children must be accompanied by a parent or a parent-approved guardian at the ratio of 1 adult to 3 children.

### Phones and Computers

- Verizon provides the best cell phone service for this area.
- The phone in the Information Booth can be used to make free local calls. Use your calling card for long distance.
- WIFI is available at the Dining Hall and the Bookstore, and the password will be available at check in.

### Miscellaneous

- This is a rustic location. **Poison-Oak** is a plant that induces allergic reactions in most people after contact so please keep to the paths to prevent contact with it.
- **Tick Bites** - If you feel a bite, and there is a small black spot on your skin you probably have a tick. Some ticks carry Lyme disease. See a staff member for help.
- **Wildlife** – do not feed or encourage the wildlife. Do not keep food in your tent as it will attract skunks, wild pigs and raccoons, etc.
- **Smoking, alcohol, and recreational drugs** are not permitted on the land at any time.
- **Candles, fires, and incense** are not permitted on the land at all. We are at high fire risk year round.
- **Pets** are not permitted at Pema Osel Ling. If you have a service animal please contact the office.

### Dharma Treasures gift shop

- The store stocks practice items, sadhanas, photos, books, gifts, cards, thangkas and other artwork, a selection of clothing, snacks, basic toiletries, and items such as flashlights.
- Cash, checks and credit cards accepted.
- Contact details: (831) 761-6274      [store@vajrayana.org](mailto:store@vajrayana.org)

### Offerings

It is traditional for individuals to make an offering to teachers and translators at the end of retreats. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store and we provide envelopes for monetary offerings. Please bring enough cash as the bookstore is only able to offer limited cash back on debit purchases, and we do not have an ATM on the land.

Email [office@vajrayana.org](mailto:office@vajrayana.org) with questions you may have on coming here for retreat.

Dharma Programs - (831) 761-6266 (press # to leave a message)