

Orgyen Chowang Rinpoche
Dream Yoga

Pema Osel Ling
October 28 – 29, 2017

Saturday, October 28

9:00 – 9:30 am	Breakfast
10:00 – 12:30 pm	Teachings and Meditation Practice
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Teachings and Meditation Practice
5:00 – 5:30 pm	Dinner
6:30 – 8:00 pm	Teachings and Meditation Practice

Sunday, October 29

9:00 – 9:30 am	Breakfast
10:00 – 12:00 pm	Teachings and Meditation Practice
12:00 – 1:00 pm	Lunch
2:00 – 4:00 pm	Teachings / concise tsok offering

General Pre-Retreat Information

Payment

Please complete registration by paying in full before your arrival. Payment options:

- Payment in full with registration;
- Paypal or credit card by following this link: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=VMBKHBVV3MF64 (Please indicate “OCR 2017”)
- Credit Card by calling our office at 831-761-6266 or by emailing office@vajrayana.org to arrange a time to make the payment or to charge your card on file;
- Check made out to “Vajrayana Foundation” and mailed to Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. Please write “OCR 2017” 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.]

Financial Assistance

If you require financial assistance, we offer payment plan options and other alternatives. Please contact office@vajrayana.org to make arrangements.

Cancellation and Refunds

- Up to and including 7 days before the retreat starts --- Refund minus \$25 cancellation charge
- No refund is available if you cancel 6 days or less before retreat begins

Check-in and Check-out

Check-in

If planning to arrive Friday, October 27, please make advance arrangements, and check in at the Roundhouse Office from 2-5 PM. Please note – meals will not be served that day. If arriving Saturday or Sunday, October 28 or 29, check in 30 minutes before each session at the Shrine Room.

Check-out

Please have your belongings removed from lodging by 5 pm on Sunday, October 28 so that accommodations can be prepared for the next event.

Text List

To be available later.

Getting to Pema Osel Ling

Driving directions and some transportation options are available on our [website](#).

- Shuttle Services
 - [Santa Cruz Airport Flyer](#) (to/from Best Western Hotel, Aptos: \$40 SJC; \$55 SFO)
 - [Santa Cruz Shuttles](#)
 - [Early Bird Airport Shuttle](#)
 - [Blue Water Limo](#)
- [Uber](#) or [Lyft](#) (approximately \$50 to/from SJC; \$140 to/from SFO)

Parking

Please park in Parking Lot A (sign-posted). If you are staying in the Sangha House, you may park to its side. Please do not park in front of the pond or down by the cabin area.

Conduct

- **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.
- Please keep fragrances to a minimum, especially in the Shrine Room, as many people have sensitivities.
- Keep conversation quiet and respectful in the Shrine Room; other suggestions for proper Shrine Room etiquette will be available onsite.

Accommodations

- We provide indoor housing with 2-5 people per room (same sex). All beds come with a light comforter and a pillow. Please bring your own towels and linens. Linens may be rented from us for \$15, please let us know ahead of time if you will require rentals.
- You are welcome to bring your own tent and camp. A camping fee will apply.
- We have a couple of RV hook ups. 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.
- 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.
- Please do not keep food in your room or tent.

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.

What to bring

- Flashlight
- Personal medication and toiletries (some toiletries are available in our bookstore)
- Ear-plugs if you are disturbed by snoring
- Warm- and cool-weather comfortable clothing (layers work best)
- Sensible shoes – some terrain is uneven

Note --- we have cushions in the shrine-room. Chairs are also available for those unable to sit on the floor.

Work Assignments

We ask everyone to contribute one hour of work per day towards the smooth running of this retreat. These assignments will be given on your arrival. If physical or other limitations affect your ability to do this, please let us know before retreat begins.

Mail, Phone and Computer Use

There is minimal cell-phone reception at Pema Osel Ling. Our office number (831) 761-6266 can be given to friends and relatives as an emergency contact. There is a working phone in the Information Booth for local calls and for use with your phone card. You can check email at the Bookstore and Dining Hall; the password will be available on arrival. Please arrange with the office before having mail sent in your name.

Offerings

Traditionally, offerings are made to all the lamas who participated in the puja at the end of retreat. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store, and envelopes for monetary offerings will be provided. The bookstore is able to offer limited cashback on debit card purchases made in the store, but it is advisable to bring sufficient cash for offerings with you, as we do not have an ATM on the land.

Miscellaneous

- This is a rustic location. **Poison-Oak** is a plant that induces allergic reactions in most people, 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 may have been bitten by a tick. Some ticks carry Lyme and other diseases. See a staff member for help.
- **Wildlife** – do not feed or encourage the wildlife. Be aware that we have mountain lions and bobcats in the region. Do not keep food in your tent, as it will attract skunks, wild pigs and raccoons, etc.
- **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 are accepted.
- Contact details: (831) 761-6274, store@vajrayana.org, dharma-treasures.com

Thank you for your attention, and enjoy your retreat!

Dharma Programs (831) 761-6266 office@vajrayana.org