

Vajrayana Foundation | Pema Osel Ling
Pre-Retreat Information

Please read the following information, as it could be helpful before and during your stay.

Directions, Parking and Driving on the Land

You will find directions for getting to Pema Osel Ling by car and public transportation [here](#). If you bring a car, please park in **Parking Lot A** (sign-posted). You may park by the Orchard House or Sangha House only 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. If you need to drive to the Shrine Room or Dining Hall, contact the office for a Parking Permit. Please keep onsite driving speed to less than 5 mph.

Arrival and Departure

Your housing assignment will be sent to you in the week preceding the retreat. If you haven't received it at that time, contact the office at office@varayana.org. Check-in time is noon the day before your retreat. Check-out time is 4 p.m. on the last day.

Accommodations

We currently provide indoor housing with 2 to 3 people per room, and some single rooms. Housing is assigned first-come-first-served. Each bed comes complete with sheets, a light comforter and pillow with case. A bath towel is also provided. Rooms and bathhouses are heated. Camping is discouraged this time of year due to unpredictable weather. We have space to park but no hook-ups for RVs.

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.

Fall and Winter Retreats

The shrine room is unheated, so please come equipped to dress in layers during the program.

What to Bring

- Water and/or hot drink bottles
- Rain gear: umbrellas, rain coat, waterproof clothing and shoes
- Flashlight
- Ear-plugs (if disturbed by noise)
- Comfortable warm- and cool-weather clothing (layers work best)
- Warm clothing, and a light blanket for the Shrine Room (windows will be open)

- Sensible shoes for uneven terrain
- Special chair and cushion, if needed (we provide both in the Shrine Room)
- Prescription medication, especially asthma medication and heart medicines. The nearest hospital or emergency care clinic is an hour away.

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. The only WiFi in the housing is at the Orchard House (for those staying there only). Please limit your WiFi use to a minimum, especially during sessions.

Work Assignments

We ask everyone to contribute an hour of work each day toward the smooth running of our retreats. These assignments may include changing candles or water bowls, sweeping the shrine room or preparing and cleaning up for tsok. If physical or other limitations affect your ability to do this, please let us know beforehand.

Payments and Cancellation Policy

Please review our Payment and Cancellation Policies [here](#). Payment in full, or an approved Payment Plan, is due prior to the beginning of retreat.

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. [This is what poison oak looks like](#). Its leaves also turn red. “Leaves of three, let them be.”
- **Tick Bites** – If you feel a bite, and there is a small black spot on your skin, you may have a tick bite. A bite may also manifest as a red or discolored bump resembling a mosquito bite. Some ticks carry Lyme disease. A Lyme disease bullseye rash may appear anywhere from 3 to 30 days after you've been bitten. If you are bitten by a tick, remove it right away with tweezers. Talk to a doctor immediately about treatment.
- **Wildlife** – do not feed or encourage the wildlife. Do not keep food in your room or tent as it will attract ants, skunks, wild pigs, 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 a 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, thankas and other artwork, a selection of clothing, snacks, basic toiletries and flashlights. Cash, checks and

credit cards are accepted. Contact details: (831) 761-6274; store@vajrayana.org;
www.dharmatresures.com

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.

You are welcome to email office@vajrayana.org or leave a message at (831) 761-6266 with any questions you may have. We hope you enjoy your retreat!