

Vajrayana Foundation | Pema Osel Ling Retreat Center
Summer Retreat, June 4 to July 9, 2022
Pre-Retreat Information

We hope the following information will be helpful before and during your stay.

Covid Restrictions

We currently do not require onsite guests to be vaccinated against Covid. However, you must provide evidence of a negative Covid test within 24 hours prior to arriving at Pema Osel Ling. We may also require onsite testing during the retreat. Please bring or email a photo of your test result to office@vajrayana.org. Everyone is required to wear a well-fitting mask in the Shrine Room, Dining Hall and other indoor areas. This policy is subject to change at the discretion of Vajrayana Foundation staff.

If you develop symptoms or test positive while at Pema Osel Ling, you will be asked to return home or find offsite arrangements immediately. If you require medical attention, it will be your responsibility to arrange transportation.

Registration and Payment

Please complete registration and pay in full or set up a Payment Plan before your arrival.

- Use Paypal by following the instructions given on the registration page or by staff.
- Use your credit card by calling Bookkeeping at 831-761-6273 or by emailing bookkeeping@vajrayana.org to arrange a time to make the payment.
- Make a check out to “Vajrayana Foundation” and mail it to Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. Please write “Summer Retreat” 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

Please review our Policies here: <https://www.vajrayana.org/retreat-cancellation-policies/>

- Up to 4 weeks prior to the start of retreat – Full refund, minus \$100 cancellation fee.
- From 2 to 4 weeks prior to the start of retreat – 50% refund.
- Thirteen or fewer days prior to the start of retreat, or after retreat has started – No refund except for extreme emergencies, and at the discretion of staff.

Financial Assistance

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

Travel to Pema Osel Ling

- The closest airport is San Jose (SJC); additional airports within driving distance are San Francisco (SFO) and Oakland (OAK). The closest train station is in San Jose.
- There are car rental, limousine, taxi, Uber and Lyft services that can get travelers to Pema Osel Ling. See driving directions and some current options here: <https://www.vajrayana.org/directions/>.

Driving and Parking at Pema Osel Ling

- Please park in **Parking Lot A** (sign-posted).
- You may park by the Sangha House if you are staying there.
- Please do not park in front of the pond, down by the cabin area (except to drop off your luggage) 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 speeds under 5 mph.

Accommodations

- Our indoor housing is both shared rooms or cabins (2-3 people, single-sex) and single rooms. The Orchard House and Sangha House have indoor bathrooms. The cabins and yurt have shared, heated bathrooms located centrally within 20-100 feet of each room.
- All beds come with sheets, pillow and pillow case, and a light comforter.
- You must bring your own tent for camping.
- We have two partial RV hook-ups for electricity only. Please contact the office to make arrangements.
- Check-in is 4:00 pm; check-out is 12:00 pm, unless by prior arrangement.

What to Bring (some supplies are sold in the Bookstore)

- Water bottle and/or hot drink cup, with a lid for the Shrine Room
- Flashlight and extra batteries
- Swimsuit and pool towel
- If camping, a tent, air mattress, pillow and sleeping bag or linens
- Ear-plugs (if disturbed by noise)
- Comfortable warm- and cool-weather clothing (layers work best)
- Dharma clothing: chuba, tanjur or skirt and zen
- Sensible shoes for uneven terrain
- Notepaper, pens or pencils
- Insect repellent
- Sunscreen and sun hat

- Prescription medications (the nearest Urgent Care is 40-50 minutes away)
- We provide chairs and cushions

Ritual Items (helpful but not required) Please make sure to label your personal items.

- Small brocade or other cloth to put under your prayers
- Table-top text stand, if you use one
- Personal texts
- Damaru, bell and dorje, if you have them
- For Vajrakilaya Retreat, you may want to bring your phurba to be blessed, if you have one.
- For Troma Retreat, bring Chöd drum, kangling, bell and dorje, if you have them.

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 are not able to accommodate individual dietary restrictions or requirements. We will provide space in a shared refrigerator for personal food items, upon prior arrangement. Cooking is not permitted unless you are staying in the Orchard or Sangha House. There is a communal microwave in the Dining Hall.
- If you have high protein needs please bring supplemental snacks.
- Tea and hot water are available at the Dining Hall at all times. Coffee is available at breakfast.
- Please do not leave food in your room or tent, except in a tightly closed container.

Work Assignments

- We invite onsite guests to contribute one-half to one hour of work a day towards the smooth running of our events (eg. preparing and cleaning up after tsok, lighting lamps)
- Assignments will be given upon arrival.

Children

- Children 13 and under need to be accompanied by a parent or parent-approved guardian at all times.
- Adults are 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, Computers and Mail

- Verizon provides the best cell phone coverage for this area.

- The public phone in the Information Booth can be used to make free local calls. Use a calling card for long distance calls.
- WiFi is available at the Dining Hall and the Bookstore; the password will be available at check-in.
- Please have mail sent % Retreat Manager, Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076. You may give the office number (831-761-6266) as an emergency contact.

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 may 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 or room as it will attract skunks, raccoons, ants, etc.
- **Smoking, alcohol, and recreational drugs** are not permitted on the land at any time.
- **Candles, flames 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 Bookstore and 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.
- The store is usually open during group retreat meal breaks.
- Cash, checks and credit cards accepted.
- Contact store@vajrayana.org (831) 761-6274

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; the bookstore is able to give up to \$80 cash back on debit purchases; we do not have an ATM on the land.

Contacts

office@vajrayana.org (831) 761-6266 (press # to leave a message).