

Ngondro Retreat 2024
March 30, 2024 - April 7, 2024
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, maps and welcome information will be posted at the Information Booth, across from the pond at the entrance to the property. Check-in time is 5 pm Friday, March 29th unless by prior arrangement. Check-out time is 4:00 pm Sunday, April 7. First meal will be dinner served on Friday the 29th at 5pm.

Accommodations

We currently provide indoor housing with 2 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. We have space to park but no hook-ups for RVs.

One of the ways Pema Osel Ling supports its efforts in the world is through hosting weddings, and during your stay with us it may be the case that guided tours with potential wedding couples will move through the common areas of Sangha House and Orchard House during session times. We appreciate your gracious understanding that guided tours may be present during those times. Tours will only move through the common areas and not in the bedrooms. Tour guides will knock before coming into the common areas.

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.

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 towards 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. **Tick Bites** - If you feel a bite, and there is a small black spot on your skin you may have a tick bite. Some ticks carry Lyme disease.
- **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, thangkas 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!