

2017 Nalanda Retreat Guide

LOCATION

Gwinwood Retreat Center 6015 30th Av. SE Lacey, WA 98503
<http://www.gwinwood.org/page/directions>

The retreat center is on the wooded shore of Hicks Lake, about 4-5 miles from downtown Olympia.

From Ruddell Rd, turn EAST ON 25th, RIGHT ON HICKS LK RD, LEFT ON 30th. Upon arrival, signs will direct you to Nalanda's area. Accommodations are dorm style, with 2-3 beds (some bunks) per room. We designate one hall and its restrooms for women, and one for men. We leave shoes indoors at the entry. Wi-fi is available, but of course use of electronic devices is discouraged. You are free to use the short trails, open lawns, canoes, etc. safely (e.g., life jackets).

SCHEDULE

The retreat begins at 10 AM on May 6 and concludes at 3 PM on May 7. We encourage participants to stay overnight and attend the entire retreat.

DINING

Vegetarian buffet lunches will be provided by the restaurant Great Cuisine of India on Saturday, May 6. Vegetarian dinners for Saturday night will be ordered from the restaurant's menu. Nalanda volunteers will provide the Sunday morning breakfast. We are providing soup, salad and bread for Sunday's lunch. If you have any special dietary needs you are welcome to provide for them, but access to the kitchen is likely to be limited while the meals are being prepared. We do not take food into the carpeted meditation room, but allow careful use of beverage containers.

WHAT TO BRING

- bedding (pillow, sheets, blankets, or sleeping bag—only bare mattress is provided)
- towel, toiletries
- warm clothes, rain gear
- notepad and pen
- OPTIONAL: earplugs, covered mug or thermos, slippers, shoes for walking on the trails, fresh flowers & vases, thangkas, statues, cushion (some cushions provided), cash or checks for dana or Dharma purchases.

DHARMA STORE

Nalanda may have some books and Dharma items available for sale.

DANA FOR TEACHERS

“Dana” is a Pali word for giving or generosity. It is also one of the Six Perfections (Paramitas)--the giver experiences letting go or non-attachment, and attains merit. There is no obligation to provide a gift of money as dana to the teachers, but doing so benefits oneself and others, expresses gratitude for the benefits of the teachings, and supports the offering of these and other Dharma teachings. At the close of the teachings, Nalanda will provide some dana for the teachers as an offering of gratitude from the Sangha, and individuals are invited to supplement this with personal gifts.

QUESTIONS

If you have any questions, feel free to contact Art Costantino (360-528-1861), or Bob Saunders (360-402-6815).