

2018 Nalanda Retreat Guide

LOCATION

Gwinwood Retreat Center

6015 30th Av. SE

Lacey, WA 98503

The retreat center is on the western 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 ("Westwood"). Accommodations are dorm style, with 2-3 beds (some bunks) per room. Leave shoes indoors at the entry. Wi-fi is available but of course use of electronic devices is discouraged during the retreat. Enjoy the short trails, open lawns, canoes, etc., but no swimming.

SCHEDULE (see separate page for draft detailed schedule)

We will load necessities at the Dharma Center starting at 10am on Friday, and additional volunteers are welcome there. Set-up at Gwinwood begins about 11 am—again, come early if you can help turn the retreat building into an inspiring Tibetan Buddhist meditation center. Plan to arrive no later than 1:30 PM on Friday to move into your room. SESSIONS BEGIN AT 2PM. The first meal is at 6 pm Friday, and the final meal is breakfast on Sunday. The retreat will end around noon on Sunday (no formal lunch, but likely there will be leftovers) and again your help with the take-down and clean up is appreciated.

DINING

Vegetarian meals and beverages are provided. 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.

DHARMA GOODS

Mala-making supplies will be available for purchase, as well as some books and Dharma items.

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. 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 offerings. There is no obligation to provide a monetary gift 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. Envelopes will be provided. Speak to a Nalanda senior student if you have questions or need advice.

WHAT TO BRING

- bedding (pillow, sheets, blankets, or sleeping bag—only bare mattress is provided)
- towel, toiletries
- warm clothes, rain gear
- notepad and pen
- personal meditation supplies as desired (cushion, stool, etc.; TNI cushions are provided)

○ OPTIONAL: earplugs for sleeping, spill-proof mug, slippers, shoes for outdoor trails, fresh flowers & vases, Thangkas, statues, cushion , cash for dana or Dharma purchases, katas containers for taking home leftover food (bags, Tupperware, etc.)