

# 2019 Nalanda Retreat Guide

## LOCATION

Gwinwood Retreat Center

6015 30<sup>th</sup> 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 25<sup>th</sup>, RIGHT ON HICKS LK RD, LEFT ON 30<sup>th</sup>.** Upon arrival, signs will direct you to Nalanda's area ("Westwood"). Accommodations are dorm style, with 2-4 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, etc., but no swimming.

## SCHEDULE (see separate page for draft detailed schedule)

If you can help early, come to Nalanda at 10-11AM on Friday to load up necessities, or come to Gwinwood about 11AM to help turn the retreat building into an inspiring Tibetan Buddhist meditation center. **Everyone 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 maybe 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

Some books and Dharma items may be available for sale to support Nalanda. Bring a checkbook.

## 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, and attains merit. At the close of the teachings, Nalanda provides some dana for the teachers as an offering of gratitude from the Sangha. **You are invited to provide personal offerings (dana) to the teachers.** Doing so benefits oneself and others, expresses gratitude for the benefits of the teachings, and supports the offering of these and other Dharma teachings. Cash is easiest; envelopes will be provided for your privacy. 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, maybe indoor slippers
- notepad and pen
- personal meditation supplies as desired (cushion, stool, etc.; TNI cushions are provided)
- OPTIONAL: earplugs for sleeping, spill-proof mug, 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.)