

Information for your retreat

Title: Opening Doors

Dates: 20 - 22 July, 2018

Venue: The Old Stable House, Fordham Road, Newmarket CB8 7AF

Leaders: Samudraghosha and Tejasvini (contact via Cambridge Buddhist Centre)

General retreat information

Details specific to this particular retreat, including directions to the retreat venue, are at the end of this confirmation letter.

A retreat is a special event where people enjoy coming together and support one another in meditation and other Buddhist practices. To help create a supportive atmosphere for everyone concerned and to keep the retreat running smoothly, we make the following requests of retreat participants:

Continuity: It is important that you are able to attend the whole retreat from start to finish (times are below). If you need to arrive slightly late or leave before the end, please consult with the retreat leader as soon as possible.

Health: It is essential that you inform us when you book if you have any physical, emotional or mental health issues which could affect your participation in the retreat. Any information given will not be communicated to other retreatants and is treated in the strictest confidence.

Awareness: We ask you to refrain from alcohol, sexual activity and illicit drugs during the retreat. We also ask you not to use mobile phones, laptops, i-phones and MP3 players, etc. You may wish to bring an alarm clock so that you do not have to use your mobile phone for that purpose (though there will be a wake-up bell in the mornings). If you wish to bring reading material, please limit it to material that will support your engagement with the retreat (i.e. connected with meditation or Buddhism, or perhaps poetry).

Emergency contact: A contact number will be available at the beginning of the retreat that you can send to anyone who may need to get in touch with you in an emergency. This number will be checked for messages several times a day.

Accommodation: Accommodation is in single-sex bedrooms generally shared with other retreatants (typically between 2 and 4 in a room). Depending on the retreat venue, there may be a small number of single rooms available, which will be allocated on the basis of need. If you have a medical condition or disability that affects your ability to share a room, or if you are a heavy snorer, please let us know when you receive this booking confirmation, so that we can take that into account.

Food: The diet is vegan (with cow's milk also available), and the recipes are planned and the food is bought in advance. **If you have a food allergy or**

medical condition requiring a special diet, please email us the details on receipt of your booking confirmation. It is best also to check with the organiser when you arrive.

Helping out: You will be asked to help with domestic tasks (e.g. washing up) necessary to the smooth running of the retreat. Depending on the retreat venue, you may also be asked to take part in a clear-up at the end of the retreat. If you have any medical condition that would limit your ability or prevent you from contributing to basic practical tasks, please let the retreat organiser know when you arrive on the retreat.

Lost Property: if you leave something behind, it is important that you talk with the Buddhist Centre first and not the retreat venue.

While every care will be given to all those attending, the Cambridge Buddhist Centre cannot be held responsible for the loss of personal possessions, nor look after you appropriately if you fail to disclose important information about your health. If in doubt please consult us now.

Specific retreat information

Starting Time: Please aim to arrive between 5pm and 6:30pm on Friday 20th July.

Finishing Time: The retreat will finish by 3pm on Sunday 22nd July.

Directions to the retreat venue from the A14: Leave the A14 at the junction with the A142 (signed to Newmarket and Ely). At the top of the slip road (T-junction) turn right into the Fordham Road following signs for the town centre. Go over 2 roundabouts and continue for about 1.5 miles until you reach the Cadogan Hotel on your left. The entrance to the Old Stable House is on your right next to St Louis Primary School.

Arranging/ offering lifts: Use the webpage

<https://padlet.com/CambridgeBuddhistCentre/openingdoors>

if you wish to arrange lifts with others, post a sticky note of your details for others to contact you and to read other's notes. Double click to add a note. Keep checking back for new notes.

Other notes: You may want to bring slippers or indoor shoes, as outdoor shoes cannot be worn inside the house. As this retreat is for newcomers, full instruction in meditation will be given to those who need it.

We hope you enjoy the retreat!