

TCVC Important Retreat Information

*** Please read before you depart for the retreat ***

Cancellation Policy

Please notify the registrar as soon as possible if you need to cancel.

TCVC retains a \$25 cancellation fee for cancellations received after the registration due date.

Directions to Koinonia

On the web: [//koinoniaretreatcenter.org/directions.html](http://koinoniaretreatcenter.org/directions.html)

From Minneapolis

394 West to 169

North on 169 for 1/4 mile

West on Highway 55 2.5 miles past Annandale (about 48 miles)

South (Left) on County Road 3 for 4/10 of a mile

West (Right) on 80th Street for one mile

South (Left) on Pilger Avenue for 2/10 of a mile

Allow two hours travel time from Minneapolis on Friday afternoon.

You may leave Koinonia's phone number, **888-801-7746**, with family for emergency contact only.

Retreat Schedule

Opening Day

Checkin: 3—6 PM

Evening meal: 6 PM

Retreat begins: 8 PM

Retreat ending time last day of retreat

Weekend retreat: 5:00 PM

Full retreat: After noon meal

Any exceptions for your arrival time must be approved by the retreat manager prior to the retreat.

Full timers are asked to work about 45 minutes each day, usually grounds work or cleaning. These jobs are assigned on a first-come, first-serve basis when you check in.

After the opening talk, a brief orientation will be provided for those who are new to the retreat center or the practice.

The retreat schedule includes meditation instruction, alternating periods of sitting and walking meditation, an evening talk by the teacher and meals. In addition, you may meet periodically with a teacher, either as part of a small group or individually.

Accommodations and Meals

The residence halls are a short walk from the main building. Room assignments are made on a random basis with the exception of those with accessibility or medical needs. In order to treat everyone fairly and to care for the container of the retreat, accommodation preferences and roommate requests are not considered when assigning rooms.

Vegetarian meals at Koinonia are served buffet style. If you have special dietary needs, please communicate these to the registrar prior to the retreat. Koinonia has been very accommodating for those with wheat and dairy sensitivities.

We ask that you accept the food that Koinonia has to offer and avoid making requests regarding food during the retreat. If you are concerned that your needs will not be met, you may supplement the meals by bringing your own food. A small refrigerator and microwave is available for your use in the Retreat House residence hall.

What to Bring

Towels and bed linen are provided.

Come prepared for the outdoors: flashlight, sturdy walking shoes and/or boots, rain or snow gear, warm coat, umbrella and/or sunhat.

Be comfortable: loose fitting, comfortable clothing for sitting and outer wear for walking out doors. You may want a blanket to put over your shoulders or on your lap while meditating.

Other essentials: alarm clock, shampoo, toothbrush, personal toiletries, water bottle.

Please do not use strongly scented lotion, soap, shampoo, perfume, incense or essential oils. There are several people in our community with severe chemical sensitivities.

TCVC has some meditation cushions but not enough for the whole group. Bring your own if you can. Bring a floor pad if you use one. Chairs are available in the hall for sitting.

Dana (Generosity)

In the days of the Buddha, the teachings were considered priceless and were thus offered freely. Early teachers received no payment for their instruction. The lay community, through voluntary generosity, provided monks and nuns with food, clothing, shelter and medicine.

Continuing this tradition today, the teachers do not ask for any payment for leading a retreat. They are supported by voluntary contributions from retreat participants. The fee you paid for this retreat covers the cost of your room and meals, TCVC administrative costs, and the teacher's transportation, room and meals. At the end of the retreat, retreatants will have the opportunity to practice dana, or generosity, by offering a voluntary donation to the teachers. There is no suggested amount; each person gives what feels right.

Beyond this practical dimension, dana also plays a crucial role in spiritual life. Generosity is the first of the ten paramis, qualities of character to be perfected in spiritual life. The very act of giving benefits the person who gives, as it opens the heart and helps establish a practice of letting go.

Noble Silence

With the practice of noble silence throughout the retreat center, yogis are expected to refrain from visual, verbal and written communication with each other. This helps maintain the precious gift of solitude, even while among many other meditators. Accordingly, we ask you not to read, keep a journal, receive mail or email, use the telephone, or communicate with other yogis—verbally or non-verbally.

We ask that you make arrangements prior to arriving at the retreat for someone outside the retreat to handle any communications you may need to take care of during the time period. In this way, you can maintain the integrity of your own practice and protect the retreat environment for everyone else as well.

During the retreat, there will be a bulletin board for necessary communications with the teacher and retreat manager.

Five Training Precepts

We ask that you observe the tradition and spirit of the Five Training Precepts during the retreat.

- Not to harm any sentient being—even an insect; instead, to respect all life.
- Not to take what is not freely given: neither to steal nor to borrow without consent.
To accept what is offered without trying to change it in any way.
- To abstain from sexual activity during the retreat.
- Not to harm another through speaking: not to lie, gossip, or use harsh or hurtful language.
On retreat, this means observing noble silence.
- To abstain from alcohol, drugs, or other intoxicants.

For further information, please contact the registrar or visit our website at www.tcvc.info