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

There have been significant changes to our pre-retreat information.

TCVC Retreat Information

Koronis Ministries

The retreat will be held at Koronis Ministries. See https://www.koronisministries.org

The center is located at 15752 Lake Avenue in Paynesville, MN, about 100 miles west of Minneapolis.

You can leave Koronis’s phone, 320-243-4544, with family for emergency contact only.

Koronis provides an EV charging station for guests.

Retreat Schedule

Opening Day Retreat ends

Check in: 3–6 PM After 10:30 AM brunch on the last day

Evening meal: 6 PM
Bell-ringer orientation: 7:15 PM

Retreat begins: 7:30 PM

Plan to arrive before 5 PM to allow for Covid testing and to familiarize yourself with the center. TCVC expects everyone to arrive during the check in time and stay for the duration—no exceptions.

Covid safety essentials

* **Bring two Covid test kits.** If you have extra test kits to share, we will gratefully accept them. TCVC has almost no extra test kits for people to use who forget to bring their own.

Your health insurance may cover the cost of test kits. We haven’t found another source for free kits.
* **Take care in the ten days before you travel** to minimize your risk of exposure to the virus. Consider using a mask at crowded events. Please wear a mask at the airport and on planes.
* **When you arrive at Koronis**, take the left entrance for Koronis Ministries and park in the first lot to your right. Enter the **Lakeview** building opposite the parking lot and white chapel. You will take a Covid test in the conference room down the hallway and on your left. If your Covid test is negative, you’ll be able to check in.
* We’ll share the results of the initial and subsequent Covid testing with the group. Those who test positive will need to leave the retreat. Regardless of Covid test results, masking will be optional.
**Please bring your own masks if you will be wearing one.**

What Else to Bring

* **Fragrance free toiletries**, such as shampoo, conditioner, and lotions.
TCVC will provide unscented hand soap for all of the shared and public bathrooms. **If you’re staying in a hotel-style room, please bring your own unscented hand soap.**
Don’t bring clothes that have been washed with scented detergent or fabric softener, or dried with scented dryer sheets. Don’t bring essential oils, incense or candles.
* Outerwear for walking outside. The dining hall, residence halls and meditation hall are in separate buildings. It can be quite cool in June, so be sure to bring some warm clothes.

Sun hat and umbrella.
* Comfortable clothing for sitting. You may want a blanket to put over your shoulders or on your lap while meditating.
* Pillows, polyester sheets, wool blankets and towels are provided.
Feel free to bring your own bedding. There are full size beds in the hotel-style rooms and twin beds in the dorm-style rooms.
* Water bottle and optionally, your favorite tea, mug and thermos.
There are kitchenettes in the residence halls with hot water kettles or dispensers. If you wish to make tea in these kitchenettes, please bring your own tea and mug.
* Other essentials include toothbrush, toothpaste, floss, hairbrush or comb.
* Optional: alarm clock, wrist watch, flashlight, medicines and supplements.
* TCVC has some meditation cushions (zafus) but not enough for the whole group. Bring your own if you can. Bring a floor pad (zabuton) if you use one. Chairs are available in the hall for sitting. You may also bring your own chair.
* There’s a large room on the second floor of Pine Lodge for yoga, qi gong and other movement practices. Bring a yoga mat if you use one.
* Checkbook if you plan to offer a donation. You can also donate online at [www.TCVC.info](http://www.TCVC.info).
* There are no locks on the doors at Koronis. Please leave non-essential valuables at home.

Accommodations and Meals

All rooms are single occupancy. Please let the registrar know if you’re unable to use a staircase and we’ll assign your room accordingly. Rooms are assigned randomly after special needs are accommodated.

Vegetarian meals are served buffet style. Koronis will be providing oat milk as a dairy-free option. The oat milk doesn’t contain wheat, but the oats may not be gluten-free.

We ask that you accept the food that Koronis offers and avoid making requests regarding food during the retreat. If you’re concerned that your needs won’t be met, you may supplement your meals by bringing your own food. A refrigerator and microwave is available for your use in the dining hall.

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 don’t ask for any payment for leading a retreat. They’re supported by voluntary contributions from retreat participants. The fee you paid for this retreat covers the cost of your room and meals, use of the facility, 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’s 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.

**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 this time. 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 teachers 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: not to steal or 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 inappropriate speech: 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 more information, contact the registrar or visit www.tcvc.info