

\*\*\* 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.

### Retreat Schedule

#### Opening Day

Check in: 3–6 PM

Evening meal: 6 PM

Bell-ringer orientation: 7:15 PM

Retreat begins: 7:30 PM

#### Retreat ends

After 10:30 AM brunch on the last day

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

- **Take great care in the ten days before you travel** to minimize your risk of exposure to the virus: avoid crowded events and use an effective mask (N95, KN95, KF94E or equivalent). Total isolation isn't feasible for many people, but the level of risk you encounter in a workplace, for example, where you can wear a mask, is lower than in social environments such as a restaurant or coffee shop. Wear a mask on public transportation, including airports and planes.
- Bring enough **N95, KN95, KF94E or equivalent masks** to last the entire week. Consider bringing 8 masks, one for each day of the retreat.
- **TCVC has extra Covid test kits.** If you've brought your own, we would be happy to accept them for use at our next retreat.
- **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.

### What to Bring: Other essentials

- Bring outerwear for walking outside. The dining hall, residence halls and meditation hall are in separate buildings.

Winter: boots plus two pairs of indoor-only walking shoes.

Summer: sun hat and umbrella. It can be quite cool in June so bring warmer clothes too.

- Bring 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 for a twin-sized bed if you prefer.
- Bring a water bottle and optionally, your favorite tea, a mug and thermos.
- **Bring fragrance free toiletries**, such as shampoo, conditioner, and lotions. Don't bring essential oils, incense or candles.

At least one person attending the retreat is sensitive to clothes washed in scented laundry detergent or dried with scented dryer sheets. **Don't bring anything washed or dried with scented detergent or dryer sheets.**

- 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.
- 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.
- Bring a checkbook if you plan to offer a donation. You can also donate online at [www.TCVC.info](http://www.TCVC.info).

### **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. Bathrooms and showers are shared.

Vegetarian meals are served buffet style. 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 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 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](http://www.tcvc.info)***