

Gendun Drubpa Study Group

Commuting

For commuters, pre-registration is strongly recommended. (If we don't know how many people are coming, it's hard to gage how many people to feed or how many prayers to print!).

Thank you for your co-operation.

What to bring

A warm sleeping bag and pillow, towel and toiletries; sturdy walking shoes; flashlight and batteries and an alarm clock. If you will be tenting, you will also need a tent and sleeping mat. Generally, the things that you would take when going away for a weekend in an outdoor setting, including insect repellent. A travel mug and water bottle would also be useful.

Karma Yoga

Offering service to a dharma center is an incredibly meritorious activity. The Buddha has taught us how to use our daily tasks such as cleaning, gardening and so on into deeply meaningful meditations. As such, every course participant should take on a karma yogi task as part of their dharma experience. The tasks generally involve kitchen clean up and housekeeping duties like dish washing, vegetable chopping, sweeping, looking after tea area and so forth. Your duties should take up about 30 minutes of your time each day. A sign up sheet will be available on the first day of retreat.

Meals

All meals will be vegetarian. Due to the complexities of cooking for a group, we ask individuals to eat what is being offered rather than making special food requests. However, we do our best to cater to medically related dietary restrictions. If you have special medically related dietary requests, please communicate your needs fully and specifically to us. Please send an email to the attention of Gendun Drubpa at: Gendundrubpa@shaw.ca stating which retreat you are attending and outlining your needs.

Thank you.

No Shows

Unexpected things often arise. If for whatever reason you need to cancel your registration, please do let us know prior to the start of the course. Even if it's the day the retreat starts, please give us a quick call to notify us! **250-296-3386**