

# *Immerse Yourself in Deep Mindfulness & Great Compassion:*

## **A Silent Meditation Retreat**

**Guided by Joel & Michelle Levey**

**April 16 to 23, 2019**

**Note New Location:**

**Sakya Kachod Choling Retreat Center**

**San Juan Island, WA**

### **IMPORTANT UPDATE:**

*This retreat IS happening – and we have been able to move our retreat location to a beautiful sacred site much closer to Seattle than our original venue, and at a greatly reduced cost.*



*“The more you listen, the more you will hear.  
The more you hear, the more and more deeply  
You will understand.”*

- Dilgo Khyentse Rinpoche



Are you yearning for some time of deep silent contemplative practice?

Is the sweet territory of silence calling you home to the spacious awake awareness within you?

Would you like the rare and precious opportunity to develop and deepen  
In your practice of meditation and mindful presence?

Would you appreciate the opportunity to receive guidance from two  
internationally respected contemplative guides  
with a combined 100 years of intensive study, practice, research, and teaching?



At this time in our lives and world where so many people are overwhelmed, scattered, and anxious, developing and sustaining a robust contemplative practice is a revolutionary dedication to living as a force for good. To develop and sustain

our practice, it is essential to devote ourselves to periods of intensive immersive retreat practice, guidance from qualified teachers, and a consistent daily practice.

This rare opportunity to participate in an intensive silent retreat offers a precious opportunity to gain insight into your true nature and highest potentials, and the rare and precious human resources of awake awareness, great compassion and lovingkindness, intuitive wisdom and insight, and deep healing capacities residing in the deepest dimensions of your humanity.

This meditation retreat offers a rich blend of wisdom principles, practices, and perspectives from various lineages of vipassana/insight meditation, the Bodhisattva tradition of dedication to awakening for the benefit of all beings, and the clear view of the Dzogchen traditions. Each day of this retreat will offer cycles of sitting, mindful walking, embodied moving meditations, eating meditation, time for deep reflection, time alone and with the community, meditation instruction and teachings, inner-views with the teachers, and immersion in the “holy book of nature.”

Our focus will be on cultivating a continuity of mindful clear presence in daily life, deep listening, great compassion, healing, awake awareness, and a natural seamless integration of sublime and sacred view into the ordinary activities of our lives in order to live for “the benefit of all”)))

This retreat will be suitable for both experienced practitioners as well as novice meditators who have a sincere intention to develop and deepen their meditation practice in order to live more fully as a force for good and a source of inspiration in our complex world.



*“As you go deeper and deeper into this practice of meditation, gradually you will become aware of many dimensions of reality that you previously were unaware of.” - Ven. Gen Lamrimpa (the Tibetan lama who led our year-long silent retreat)*

We welcome you to the threshold of this retreat, and pray that as you take these methods, principles, and teachings to heart and apply them to your life, the horizons of your own understanding will continue to expand in an endlessly awe-inspiring way.



*“In this era, to become a spiritual inquirer without social consciousness  
is a luxury that we can ill afford,  
and to be a social activist without a scientific understanding  
of the inner workings of the mind is the worst folly.  
Neither approach in isolation has had any significant success.”*

- Vimala Thakar



#### **HERE ARE THE DETAILS:**

- **DATES:** April 16-23, 2019
- **LOCATION:** Sakya Kachod Choling on San Juan Island. This is the retreat center of our beloved teacher, H.E. Jetsun Kushok-la, who lives in Vancouver, B.C. She is a remarkable Tibetan woman lama, and sister of the elder Sakya Trizin. (<http://sakyakachodcholing.org/>)
- **PROGRAM FEE:** \$520 (includes site fees, food, and basic lodging. See below for details.)
- **DANA OFFERINGS:** Please keep in mind that the program fee only covers expenses and does not include any offering to our teachers for their guidance. Please plan to make a donation to Joel and Michelle (suggested range \$300 - \$900). Any dana you may be moved to make to Sakya Kachod Choling will also be most appreciated.
- **FOOD:** Vegetarian (Mostly vegan)
- **HOUSING:** See notes and options below.

#### **REGISTRATION:**

**If you haven't already registered, please contact us asap to confirm your intention to attend. Then, please:**

- Send us your program fee payment for the retreat (\$520) via either of the following methods:

- **Check** – payable to Michelle & Joel Levey and mailed to: The Leveys, P.O. Box 1298, Kapaau, HI 96755

- **Click here for PayPal/Credit Card Payments**

[https://www.paypal.com/donate/?token=d-gWcDkO0EBGcDR\\_oHhokTYwAEvRbohE\\_ccyI4FKGxCY9uUGVJwU7G0wsFLcF5B-nZX8n0&country.x=US&locale.x=US](https://www.paypal.com/donate/?token=d-gWcDkO0EBGcDR_oHhokTYwAEvRbohE_ccyI4FKGxCY9uUGVJwU7G0wsFLcF5B-nZX8n0&country.x=US&locale.x=US)

(Note: If using PayPal/Credit Card please either use the “family and friends option” – or - add \$20 to cover processing fees.)

We'll set up a site for retreat participants to coordinate ride-shares and potential housing options. If you are able to host out of town participants for an arrival or departure night, or provide transportation up to the Island, please let us know.

## HOUSING:

A variety of options are offered:

- Your Program Fee covers sleeping in the shrine room with a sleeping pad and sleeping bag. Tenting may also be possible.

Additional **On-site** accommodations are available at an extra cost. These options include:

Two inside rooms:

- **Smaller retreat room** - \$55/night (only room for one person)
- **Larger retreat room** - \$60/night (single bed and room for another person on thick pad, which is provided)

Plus:

- **Small retreat huts** - \$50/night (with a 10% discount for one week = \$45/night)
- **Yurt** - \$40/night (with a 10% discount for one week = \$36/night)

See a bit more info on these options at: <http://sakyachodcholing.org/meals-housing/>

**Contact Leveys to reserve any of the above housing options.**

## Off-Site Housing Options:

Please book spaces via AirBnB link below:

- [Click here for Adjacent property with vacation rental](https://www.airbnb.com/rooms/18333000?user_id=4326771&ref_device_id=b62be36797a19a2d772309ce183c5dae531cb8b9&s=23&branch_match_id=627395189649960073&guests=1&adults=1) (available for part of the retreat).

You can also search AirBnB, VRBO, and other rental sites for San Juan Island – ideally close to the retreat on the west side of the Island, near Lime Kiln Park. Here's one link:

<https://www.vrbo.com/results?adultsCount=2&petIncluded=false&q=San%20Juan%20Islands%2C%20WA%2C%20USA&from-date=2019-04-16&to-date=2019-04-24>

## CANCELLATION POLICY

**Program Fee:**

- Cancel on or before March 15, 2019: \$300 cancellation fee.
- Cancel after March 16, 2019: There is no cancellation refund.

**On-Site Housing Fees** are non-refundable.



*By the power and the truth of these wise & skillful methods  
may all beings open their wisdom eyes and true hearts to embrace their  
True Nature and Highest Potentials and inspire all beings to do the same!*

**REGISTRANTS:**

- Leo
- V'Ella
- Guy
- Delores
- Tova
- Derek
- and friend

One Meeting rooms and Kitchen – non-exclusive use.....

125+50/day = \$175 shared expense = 8 days = 1400 + taxes 140 = 1540 = \$413/person

Plus + lodging and food = \$100/day

Plus = JnM expenses to cover

Lodging 140+ 100 / day = 240+ travel = x 8 days = + 100 + 1920 = 2020 / 8 = \$252/person

252 + 413 = \$665/person

**\$665/person for retreat + \$50/day/food (400) = \$1065/person + lodging + dana.....**

FOOD – 10X50X8= \$4000

Isa - La's friend – or ....

**Dana = 8 x 300 to 1000 = 2400 to 6000**

**Sakya**

\$15/night to sleep on floor in Gompa x 8 nights = 120

\$18-\$25ish food ~ 35ish = 280

JnM expenses (6 people) = 216

Sleeping in shrine room (using own bedding) - \$15/night

Meals - \$18/day, including coffee & tea & snacks 24/hrs (half and half and nondairy creamers).

We could bring in someone to cook lunch and dinner if you want to fix your own breakfast. Lunch is our large meal. Dinner is soup and salad or similar. All vegetarian; able to accommodate most food allergies and sensitivities; mostly organic. We do not use eggs in our vegetarian dishes, but could do so if your definition of vegetarian includes eggs. No garlic or raw onions (but some cooked onions). Since this your retreat, you could give us the food requirements.

Smaller retreat room - \$55/night (only room for one person)

Larger retreat room - \$60/night (single bed and room for another person on thick pad, which we provide)

**Total/person = \$520**  
**+ dana + donation to Sakya**

## **Update regarding Silent Springtime Retreat with Michelle and Joel Levey**

**Good news!**

**This retreat IS happening – and – we have been able to greatly reduce the cost – and to move it to a beautiful and sacred site much closer to Seattle than our original venue.**

**Here are the details:**

- **DATES:** April 16-24
- **LOCATION:** Sakya Khacho Ling on San Juan Island (the retreat center of our beloved teacher, Sakya Dagmola Kushog, from Vancouver. A remarkable woman Tibetan lama, and sister of the elder Sakya Trezin.)
- **COST:** \$520 per person.
- **FOOD:** Vegetarian
- **ACCOMODATIONS:** A variety of options:
  - Your retreat fees cover sleeping in the shrine room with a sleeping pad and sleeping bag
  - On-site accommodations available include:

- Two inside rooms
- Small retreat cabins
- Yurt
- Off-site accommodations:
  - Adjacent property with two vacation rentals:

## **REGISTRATION:**

**Please contact us asap to confirm your intention to attend. Then**

- **Send us your payment for the retreat**
  - **Via Check – to**
  - **Via PayPal/Credit Card –**
- **To book accommodations – (other than the shrine room option) - please books space via AirBnB links below for off-site booking, or contact us to reserve a retreat cabin or the yurt.**

**We'll set up a site for retreat participants to coordinate ride-shares and sharing of AirBnB's. If you are able to host out of town participants for an arrival/departure night or provide transportation up to the Island, please let us know.**

\$33/day/person  
JNMexpenses \$100 travel – 8 days room \$60/night = ~ 600

As is.... = \$35/day/person x 8 = \$280 + \$100 (JnM) = \$380 + dana.... + donation to Sakya

**More likely** – add breakfast and upgrade to food.... 20/day

**55/day x 8 = 440 + 100 (J+M) = \$550**

**In adjacent cabin - \$848 for JnM (440 + 410)**

**1300 JnM expenses – by 6 people = 216/person**

**+ dana + donation to Sakya**

**Link for Sakya Khachod Ling: <http://sakyakachodcholing.org>**

**Note: These funds are to cover expenses only with no offering to Joel & Michelle for guiding the retreat. Please plan to make a dana offering to them (suggested range \$300 to \$1000). We will also have an offering bowl for the kindness of the Sakya Center in hosting us (suggested offering \$50 to \$300 if possible).**

### **Accommodation Options:**

- **Sleep on pad in the meditation hall (bring a sleeping bag)**
- **Small retreat hut - \$50/night** (with a 10% discount for one week = \$45/night)
- The yurt is \$40/night, (with a 10% discount for one week = \$36/night)
- Stay at a local B&B nearby. Here are some links. We will help people who want to share a vacation rental connect with each other to share costs:
- [https://www.airbnb.com/rooms/18448889?location=San%20Juan%20Island%2C%20San%20Juan%20County%2C%20OWA%2C%20United%20States&check\\_in=2019-04-](https://www.airbnb.com/rooms/18448889?location=San%20Juan%20Island%2C%20San%20Juan%20County%2C%20OWA%2C%20United%20States&check_in=2019-04-)

[16&check\\_out=2019-04-23&guests=1&adults=1&s=EeLvQ7o](https://www.vrbo.com/results?adultsCount=2&petInclude=false&q=San%20Juan%20Islands%2C%20WA%2C%20USA&from-date=2019-04-16&to-date=2019-04-24)

- <https://www.vrbo.com/results?adultsCount=2&petInclude=false&q=San%20Juan%20Islands%2C%20WA%2C%20USA&from-date=2019-04-16&to-date=2019-04-24>

Raeleen (this is the correct spelling and she manages the housing - Ken is her husband) said you are welcome to call her.

The phone number is [503-388-2879](tel:503-388-2879). Raeleen has one booking in the cabin April 20-22nd, but otherwise open at this point.

The retreat huts are \$50/night, with a 10% discount for one week = \$45/night  
The yurt is \$40/night, with a 10% discount for one week = \$36/night

There are two Airbnb's right outside our gate owned by Raeleen and Ken. I found one on the site. Ask about the cob house that close to it. It is charming, with colored glass in the walls.

[https://www.airbnb.com/rooms/18448889?location=Friday%20Harbor%2C%20Washington%2C%20USA%20&adults=2&check\\_in=2019-04-16&check\\_out=2019-04-24&guests=1&s=iMQdsmFf&children=0&infants=0](https://www.airbnb.com/rooms/18448889?location=Friday%20Harbor%2C%20Washington%2C%20USA%20&adults=2&check_in=2019-04-16&check_out=2019-04-24&guests=1&s=iMQdsmFf&children=0&infants=0)

Most people would find it a pleasant walk up to the gompa from the gate, but there is one short but steep hill to climb on the asphalt road. If walking is not an option then it is a very, very short drive.

We could house people in the three retreat huts; however, we would have to run heavy duty outside extension cords to them if we wanted to use a heater. We have safe heaters (the kind that circulate oil) and have used them for short periods in a sleeping hut. We have never heated them all at the same time. I would have figure it out. The yurt is another possibility, but it is not insulated and a little harder to heat.

I have camped outside here in April. If the huts and yurt are just used for sleeping at night, and the weather cooperates, it might be okay without heat. Depends on the people. The huts and yurt have beds in them and other furniture.

There is no problem with people coming from off site as far as I am concerned; however, the way we have always calculated fees, the housing charge covers the use of the facilities and the cost of utilities, etc. If people are staying off site and not paying for housing, I might need to rethink how to make sure we have our costs covered. When we do our own group retreats for locals who drive up every day, we charge a reasonable "retreat fee" that covers our expenses. I need to leave that open for now.

all the best to you,  
Anne  
[360-378-4059](tel:360-378-4059)

Donation to Sakya = Gompa....guess- \$200/day

~ \$50/day = 8 days = \$400

No. There are no other costs since we will not be providing much retreat support - like washing your clothes - as we do in long retreats. Of course, this is our first time to do this, so we learn better and charge something extra next time!

Oops, I just realized that if you cook for yourselves, you will still have 24 hour access to our supply of coffee and teas and extras like honey and creamers. If cook for yourselves, we will ask you to make a donation that seems reasonable to you to cover the cost of what you use. I cannot put a number on it because I do not know how many people will be here and how long. This summer our group retreat went through a half gallon of half & half every two days! Other times no one uses creamer. It varies depending on the people. So, just make a donation.

Trout lake \$950..... + 400 lodging.... + dana...

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Caterers....

Teresa Estrada

[503.313.1442](tel:503.313.1442)

Sara Mains

[541.554.7292](tel:541.554.7292)

[www.saltrose.com](http://www.saltrose.com)

Shane Eagan

[970.379.4121](tel:970.379.4121)

<https://www.fourandtwentyblackbirds.me/>

**Immerse Yourself in Deep Mindfulness  
& Great Compassion:  
A Silent Meditation Retreat  
Guided by Joel & Michelle Levey**

**April 16 to 24, 2019**  
**At Trout Lake Abbey, Washington**



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The more you hear, the more and more deeply  
You will understand.”*

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This rare opportunity to participate in an intensive silent retreat offers a precious opportunity to gain insight into your true nature and highest potentials, and the rare and precious human resources of awake awareness, great compassion and lovingkindness, intuitive wisdom and insight, and deep healing capacities residing in the deepest dimensions of your humanity.

This meditation retreat offers a rich blend of wisdom principles, practices, and perspectives from various lineages of vipassana/insight meditation, the Bodhisattva tradition of dedication to awakening for the benefit of all beings, and

the clear view of the Dzogchen traditions. Each day of this retreat will offer cycles of sitting, mindful walking, embodied moving meditations, eating meditation, time for deep reflection, time alone and with the community, meditation instruction and teachings, inner-views with the teachers, and immersion in the “holy book of nature.”

Our focus will be on cultivating a continuity of mindful clear presence in daily life, deep listening, great compassion, healing, awake awareness, and a natural seamless integration of sublime and sacred view into the ordinary activities of our lives in order to live for “the benefit of all”)))

This retreat will be suitable for both experienced practitioners as well as novice meditators who have a sincere intention to develop and deepen their meditation practice in order to live more fully as a force for good and a source of inspiration in our complex world.



***Please register for this retreat as soon as possible –  
as we need to have at least 12 people  
by February 15 to hold our reservation.***



*“In this era, to become a spiritual inquirer without social consciousness  
is a luxury that we can ill afford,  
and to be a social activist without a scientific understanding  
of the inner workings of the mind is the worst folly.  
Neither approach in isolation has had any significant success.”*

~ Vimala Thakar



**Retreat cost:** \$950/person  
(Covers facility rental fees and food only)

**Accommodations:** Room rates vary depending on the space you choose - ranging from camping to shared or private rooms. Please make arrangements for your

lodging directly with Claire at Trout Lake Abbey – [509.395.2030](tel:509.395.2030) - [business@tlabbey.com](mailto:business@tlabbey.com)

**Dana:** Retreat cost above does not include an offering to our retreat guides, Joel and Michelle Levey. Please plan to make a dana donation to honor their time and teachings. Suggested range is \$300 to \$1000 for this retreat.

**Food:** This retreat will nourish us with a plant-based organic menu. If you have any special dietary needs please let us know at least 3 weeks before the retreat. If you require foods other than what is provided, please plan to bring whatever you need with you.

**Travel:** Trout Lake Abbey is near Mount Adams in Washington State north of the Columbia River. Car pools will be arranged from Seattle. Participants flying in can either fly into Seattle and catch a ride, or fly to Portland, OR and rent a car, or perhaps find a ride from someone coming from Oregon.

**To Register:**

- Please email us to confirm your intention to attend.
- Send your payment via check or PayPal or Credit Card:
- Please make checks out to: Michelle Levey  
and mail to us at the following address:
  - Joel & Michelle Levey
  - PO Box 1298
  - Kapaau, HI 96755
- For payment via credit card or paypal, please use the following link:
  - [https://www.paypal.com/donate/?token=iRgGWpPbklEwlvvGNNfmz2LE\\_H8vCOL\\_VTJ0ieJhxep86YpztDIYScGjTFDJo0BN4Do9m&country.x=US&locale.x=US](https://www.paypal.com/donate/?token=iRgGWpPbklEwlvvGNNfmz2LE_H8vCOL_VTJ0ieJhxep86YpztDIYScGjTFDJo0BN4Do9m&country.x=US&locale.x=US)



**For more information or questions, please contact Joel and Michelle:**

**Telephone: +1 206 799.8222**

**Email: [Levey @wisdomatwork.com](mailto:Levey@wisdomatwork.com)**

**Your Guides:**

Dr. Joel & Michelle Levey offer a wealth of insight and skillful means distilled from 50+ years of intensive study, practice, research, and teaching in various contemplative traditions. Their contemplative roots are deepest within the various lineages of Buddhist traditions – Vipassana, Forest Monastery, Mahayana, Vajrayana, Dzogchen – and they have also trained with many respected teachers in a wide variety of other modern and ancient, Eastern, Western, and indigenous wisdom traditions.

Nobel Peace Laureate, His Holiness the Dalai Lama, an advisor on numerous of the Leveys' projects, once wrote to them in a letter that, *“You are presently engaged in work that has great prospects for bringing the Dharma (the inner sciences of human transformation) to a very wide section of people who may not under ordinary circumstances come into contact with these teachings. I am very pleased about the work that you are doing and send you blessings and prayers for your success.”*

Joel & Michelle are founders of Wisdom at Work, Kohala Sanctuary, All My Relations Sangha, and Dorje Dechen Ling. Their teachings are especially relevant for individuals, teams, communities, and organizations seeking to develop greater capacity to thrive in VUCA times of increasing volatility, uncertainty, complexity, and ambiguity.

Michelle and Joel have been fortunate to study closely with teachers from many lineages and wisdom traditions including: His Holiness the Dalai Lama, Kalu Rinpoche, Dipama, Rina Sircar, Chagdud Tulku, Ram Dass, Stephen Levine, J. Krishnamurti, Thich Nhat Hahn, Lama Tharchin, Lama Yeshe, Sharon Salzberg, Joanna Macy, Jack Kornfield, Steven Levine, the Karmapa, Dudjom Rinpoche, Ruth Denison, Goenka, Robert Thurman, Namkai Norbu Rinpoche, Zong Rinpoche, and many others. They have had the good fortune to participate in nearly 2 years of silent contemplative retreats – including a year-long silent retreat with Gen Lamrimpa – supported in part by the Dalai Lama. Their unique style of contemplative, Dharma teachings draws wisdom and inspiration from many teachers and lineages and has a deep grounding from the Bodhisattva tradition with a heartfelt dedication to both personal awakening and social transformation.

Michelle and Joel have been involved with mind science and contemplative research since the early 1970s and are internationally regarded as early pioneers

introducing contemplative science and practices (including mindfulness) into mainstream organizations, medical centers, higher education, government and sports arenas since that time. They have been deeply involved with contemplative research and participated in many programs with Mind and Life Institute, Academy for Contemplative and Ethical Leadership (ACEL), Contemplative Mind in Society, Center for Compassion and Altruism Research and Education (CCARE), International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM), Institute of Noetic Sciences (IONS), Association for Applied Psychophysiology and Biofeedback (AAPB). They have worked with hundreds of leading organizations around the globe including: NASA, Google, World Bank, M.D. Anderson Cancer Research Center, the World Government Summit; Boeing, Microsoft, etc. and they have been advisors for British Parliament and the Mindfulness Initiative's historic Mindful Nation UK report, and Chairpersons for the Institute for Health and Productivity Management's Center for Corporate Culture and Organizational Health. They serve on the faculty for University of Minnesota Medical School, and have also served as faculty at: Indian Institute of Management (IIM), Mahidol University, Bastyr University, Antioch University, and the World Business Academy.

Michelle and Joel's written works, available in 15 languages, include: *Living in Balance: A Mindful Guide for Thriving in a Complex World*; *Mindfulness, Meditation, and Mind Fitness*; *Wisdom at Work*; *The Fine Arts of Relaxation, Concentration, and Meditation: Ancient Skills for Modern Minds*; *Luminous Mind*; and *Intuition at Work*. For more info visit: <http://WisdomAtWork.com/mindfulnesspioneers/>



*“The work of Joel and Michelle Levey has long been a luminous thread in the fabric of the Great Turning. They embody in many ways this epochal transition to a life-sustaining society.”*  
– Joanna Macy, Deep Ecologist, Activist, and Scholar

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**Trout Lake Abbey**

**A:::::Costs:**

**Teachers:**

- Transportation \$100
- Lodging + food = \$25/day. >>>>> \$110/day/person + dana + accommodations

Site fees = 300/day w/accommo \$110 + \$25 to \$120 = \$135 to \$230/day

Daily fee = \$50/food

Or

**B:::::**

**\$1350/day for whole site + add food \$50/day.**

**Which means – including food and accommodations....**

- 10 people 135+50+25/day = \$210/day
- 15 people = 90 + 50 +25/ day = \$165/person
- 20 people = 68+50+25/day = \$135/day/person

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10 day silent retreat Hawaii)))

If 950 site fees:

- Food 600
- Transportation = > 60
- Our share of food JnM = 120/person
- To us >>> 180 per person

Dana \$300 to \$1000

To us)))

10 people x 300 + 180 = 4800

10 x 180 +1000 = 11,800

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**Cost for entire facility - \$1350 day room and board - for guests + 7% tax....**

**Then easiest way from there is -**

Includes accommodation >>>

Food >> range \$30-50/person....

If try to do less than the full facility cost- if we have enough people - it's unlikely we'd have someone

Capacity - cloister - range 33 inside the B#B and hostel....

Camping....

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Costs - a lot less  
Mtn room \$125/day  
Fireside \$125  
Kitchen = 50  
Food \$50

\$350/day for above.....

**Vietnamese**

Rooms range of cost =  
Camping 25 per tent -  
Most expensive - king with bath \$126

Temple either way will have flow will come and go...

Minimum to fill the B&B room and the hostel -

Fireside room - available for a day long session >>>

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**125+50/day = \$175 shared expense = 8 days = 1400 = \$413/person  
+ lodging and food = \$100/day  
JnM expenses to cover**

**126 + 100 / day = 226 + travel = x 8 days = 1808+ 100 = 1900**

**412.50/person for retreat + food = 400 = 812.00/person + lodging.... + dana.....**

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To simplify - we pay for the group facilities -

Charge guest - for the cost of attending

Then allow them to set up their own lodging....

Nothing paid to us covers all -

Commercial - kitchen - if like to rent the temple.... Abby is a separate business from the Temple...

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Of course, it depends a little bit on which facilities you wish to use. Please take a look at the PDF I have attached here for detailed pricing and pics of all our different facilities. Our property is a bit different in that we share our land with the Mt. Adams Zen Buddhist Temple and they have a separate charge for using their meditation huts and the hut shanti, and also require us to ask permission to use those facilities before I can

book them for you. Once you have an idea of what facilities you would like I can put together an estimate for your group's specific needs.

Our all facility cost which gives you access to everything (except the huts and shanti hut) for a group your size is 1,350 per day.

This also gives you full privacy and we will not rent anything else during that time.

Please note that we do not do the actual catering, thus the food cost is not included in this total, but we can recommend some excellent local chefs.

Happy to chat through some of these details, I know our methods can be a little bit confusing because our property is so multifunctional. If you think you will only need certain spaces, we may be able to save you some costs by renting in a more *a la cartefashion*. Feel free to give me a call anytime.

Best,

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Mosswood Hollow

(Sent via [Mosswood Hollow](#))

The hosting fee does not include lodging, so it is hosting fee (525+) + lodging (variable 30-80) + meals (60/day).

$35+60+70 = \$160/\text{day} \times 10 = 1600/\text{person for 10 day}$

We have June 24-July 3 available.

Indralaya.  $90/\text{person} \times 10 = 900$

## Dana - The Practice of Generosity

Dana (pronounced "dah-na") is a Pali word meaning generosity. Dating back to the time of the Buddha, there has existed an interdependence between those who offer the teachings and those who receive them.

According to the Buddha, generosity, or sharing what we have, is one of the central pillars of a spiritual life. In the act of giving, we develop our ability to let go, cultivate a spirit of caring, and acknowledge the inter-connectedness that we all share. It is a basis of wholesome karma. The Buddha created a system to develop this quality of open-handedness whereby those who share the teachings are dependent on those who receive them. Monks and nuns go on daily alms rounds with a begging bowl, relying on the generosity of lay people for support in continuing their teaching and spiritual life.

It is the practice of dana that has kept the Buddhist tradition alive for more than 2,600 years in Asia, where committed supporters have given generously to establish networks of monasteries and retreat centers providing for millions of teachers and practitioners. At Spirit Rock, we carry on this joyful tradition in the form of inviting donations from the community so that we can continue to offer the Dharma to future generations who will get to explore the path to waking up because of our efforts.

## Retreat Dana

Your generous support is needed! You may or may not be aware that the dharma teachers and retreat staff (cooks and retreat managers) are solely supported by the generosity of the students. Registration fees for retreats cover food, facilities and other Spirit Rock expenses. None of these fees go directly to the teachers or retreat staff.

At the end of the retreat, you will be given the opportunity to offer dana so they may continue their dharma work. We cannot recommend an amount to donate as the teachings are considered priceless. Your offering should be given from the heart and your responsible consideration of your financial situation should be taken into account.

Dana donations can be paid by cash, check or Visa or MasterCard and are tax-deductible.

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On Dec 7, 2018, at 9:42 AM, Trout Lake Abbey <[business@tlabbey.com](mailto:business@tlabbey.com)> wrote:

Hello Joel and Michelle,

Thank you for reaching out, I am happy to help see if we can accommodate your sangha here this spring. Unfortunately, we do not have any dates that run from a Sat-Sun in April or May of 2019 still available. The calendar is starting to get quite full but these are the dates we still have open during those months:

April 7-11th  
April 16-24th  
May 14-19th

Let me know if you would like to explore any other times.

Our reservation policy:

### **TLA Whole Facility Reservations**

**\$300 deposit due at the time of reservation**

**\$100 refundable kitchen cleaning fee (for reservations of commercial kitchen only)**

## **Refund policy**

**All cancellations with at least 60 days notice will be refunded their deposit less a \$50 handling fee**

**Cancellations made less than 60 days prior to the event will forfeit the entire deposit of \$300.**

In metta,

*Claire Feigal*, Office Manager [Trout Lake Abbey](#)

[46 Stoller Rd, Trout Lake WA 98650](#) | [509.395.2030](#)



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