

Vedic Meditation Rounding Retreat

Read through the *What to Bring/Know* list carefully. Stroud Monastery is located in an extensive bushland setting with multiple buildings so the suggestions have been carefully put together with your comfort in mind.

Bedding: A doona / blankets, pillow and pillow slip are provided. Bring your own set of sheets and towel/washer etc. Most beds are single. If you are allocated a room with a larger bed we will let you know beforehand.

You can hire bedding for \$10 - please let Mary Girishaa know 1 week beforehand.

Ear Plugs: If you are a light sleeper or know that a snoring neighbour, whether they are in the same room or next door, will disturb your slumber please bring good quality earplugs and anything else you may need to manage the situation. It is much better to be forewarned and armed in this situation.

Bathroom Facilities: All the bathroom facilities are shared so bring whatever you might need to move between your room and the bathroom e.g. a dressing gown, slippers etc. It's all about being comfortable.

Indoor Slippers/Shoes: The mud brick floors within the main building can be cool and are also easily damaged so a pair of soft soled indoor shoes can be handy.

Torch: This can be handy when going to the bathroom at night.

Nocturnal Visitors: Very occasionally local visitors can make their way into the rooms e.g. microbats, lizards, native mice. To minimise the opportunity for this to happen always keep the outside door to your room closed. If they do drop in we will do our best to move them on as quickly as possible.

Yoga Mat & Supports: Bring whatever you know you need to support your practice. E.g. mat, bolster, meditation stool, firm pillow, etc plus a large shawl or blanket during lying down practices. There will be items available for anyone travelling by air.

Comfortable clothing: Clothing that is comfortable to practice yoga and hang around in. Do a quick 10-day weather forecast for Stroud NSW and bring whatever you will need to be comfortable. Built of mud brick the monastery can be cool inside even on the hottest days. There may also be the occasional cool night so a pair of socks and light jacket or shawl is a good idea.

Wet Weather Gear: If there is any rain forecast an umbrella, waterproof jacket and wet weather shoes may be useful when moving between the buildings.

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Devices & Mobile Phone: The retreat is an ideal opportunity to aim to be screen free. The suggestion is let your contacts know that you will either be out of contact or maintain only minimum, essential contact throughout the retreat.

Mosquitos: As we head into warmer weather mossier season is beginning, and as there are large bodies of water nearby (dams), it's a good idea to have some repellent on hand if they are an issue for you. There will be some available in the dining room.

Sun Protection: The weather will be warm to hot and if you are hoping to take advantage of the many bush walks around the Monastery property you may wish to bring sunscreen, a wide brimmed hat and sunglasses.

Outdoor footwear: When walking around the grounds, please be aware of nature's trip hazards and bring suitable shoes for negotiating dirt pathways and bush tracks. If you intend to walk through the bush then closed in shoes are recommended.

Native Animals – Please be mindful when driving onto and off the property as you may encounter a number of native Australian animals e.g. Kangaroos, wallabies, wombats; along with various bird life. No domestic animals are allowed.

Parking: On-site parking is provided at the venue.

Smoking: For the duration of the retreat the venue is a smoke-free area.

Emergency Contact Details: If you need to leave an emergency contact number with anyone Tim's number is +61 0407 275 71.