

Vedic Meditation Rounding Retreat

What to Bring & Know

The Stroud Monastery has an extensive bushland setting with multiple buildings. The following suggestions have been carefully put together for your comfort and convenience. Please read and pack accordingly.

Directions: You will most probably use GPS however this can't hurt.

- Pacific Highway (A1) to The Bucketts Way turnoff.
- Turn onto The Bucketts Way and drive until you reach the Stroud township (approx. 20mins)
- Drive through the town past the Gold Club and turn Right into St Clair's Road – approx. 100 metres past the service station.
- Follow the road right down to the parking area in front of the Monastery – not the Hermitage – to drop off your gear and then return your car to the middle parking area.

Devices & Mobile Phone: There is mobile reception at the Monastery however the retreat is an ideal opportunity to support your practice and limit screen time. You can let your family/friends know you will maintain only minimum, essential contact during breaks. Or, if you want to be completely off-grid, give them Tim's number as an emergency contact. +61 0407 275 71.

Yoga Mat & Supports: Bring whatever you know you need to be warm, comfortable and support your practice. E.g. mat/s, bolster, meditation stool, firm pillow/s, etc plus coverings during lying down practices. Pack extra if you can. The equipment provided is for people travelling by air and train.

Bathroom Facilities: You will need to bring all your own personal toiletries. 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.

Bedding: A doona / blankets, pillow and pillow slip are provided. BYO set of sheets and towel/washer etc. Unless otherwise advise you will require sheets that will fit a single bed. If you wish to hire your linen, please make sure you requested it on your registration.

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.

Comfortable clothing: Clothing that is comfortable to practice yoga and hang around in. Do a quick 10-day weather forecast for Stroud NSW beforehand to guide your packing.

Vedic Meditation Rounding Retreat

What to Bring & Know

Built of mud brick the monastery can be lovely and 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.

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 is recommended.

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

Library: Feel free to bring some reading material however Tim points out that this is a time to sit and 'be with Self' without distraction.

Local Residents: Very occasionally local residents may make their way into the rooms e.g. microbats, lizards, native mice. To minimise the opportunity for this to happen always keep the internal and external doors to your room closed. If they do drop in, we will do our best to move them on as quickly as possible.

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

Sun Protection: The weather will be warm to hot and if you would like to enjoy the many bush walks around the Monastery property you may wish to bring sunscreen, a wide brimmed hat, and sunglasses.

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. There are some umbrellas provided.

Mosquitos: As we head into warmer weather the Aussie mossie season is beginning, and with some dams close by, so 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.

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.

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