

## HIDDEN VILLA RETREAT INFORMATION

### ***2 Week retreat with Gil Fronsdal, Sept 19 to October 3rd, 2010.***

**First day of retreat:** Registration is from 3-5:30 pm, followed by a light meal at 6 pm. The opening talk will be around 7:30 pm. *If you would like to help with setting up the meditation hall or kitchen in the afternoon, please let the registrar know.*

**Last day of retreat :** There is a clean-up work period mid to late morning, then a gathering with the teacher and staff, followed with lunch together, ending around 1:30pm.

### ***ACCOMMODATIONS:***

**Cabins/dorms:** Beds (singles, or lower bunks), pillows, and blankets are provided. The blankets are heavy wool, so you may want to bring a lighter blanket. Hidden Villa has no-exception rules for bedding, to avoid inviting teeny critters into the cabins: **YOU MAY NOT BRING SLEEPING BAGS INTO THE CABINS, OR USE CABIN BEDDING IN TENTS.** If you sleep in a cabin you must bring your own single sheets, or you may rent a single sheet set for \$2 if you are coming from out of state.

**Camping:** There are 7-8 tent spaces available on a first-come, first-served basis. Most spaces are small and on platforms adjacent to cabins, so pegging tents is generally not possible. If you tent, you **MUST** bring all your own sleeping gear including sleeping bag and/or blankets. Be prepared for cold night temperatures and possible rain. Sorry, no car camping. Some locations are in the wooded area to the rear of the cabins - there may be poison oak in this area. **PLEASE LET THE REGISTRAR KNOW YOU PLAN TO CAMP.**

**Bathrooms:** There are separate bathroom facilities for men and women located in one building. You should bring your own toiletries and towels. There are only showers available.

### ***ITEMS TO BRING:***

**Clothing for all weathers.** There are usually large swings in day and night temperatures, so light clothing for day, and jacket and long pants for night. Even when days are quite hot, nights can be cold. Rain is a possibility. Meals are on the screen porch, and breakfast begins before dawn.

**Protection from poison oak, which is common in the wooded areas and near some of the tent spaces.** Long sleeves, long pants, and Tecnu Soap help protect you if you are allergic.

**This is a “do-it-ourselves” retreat:** There is no common pool of back-up supplies, and there may not be a retreat manager to make a run into town for supplies. Please pack accordingly:

- Flashlight and batteries
- Personal needs such as medical supplies
- Unscented toiletries, please
- Clock might be useful
- *Please remember, there is no manager's cache of emergency supplies.*

### ***SITTING GEAR:***

You'll need to bring your cushion or bench, and zabuton or mat. The meditation hall floor is hard. Chairs are available.

**DANA:** Continuing in the ancient Buddhist tradition, the teachings are offered freely. In turn, students receiving the teachings are afforded an opportunity to voluntarily support

those transmitting the dharma by offering donations or *dana* to the Teacher(s) and Cook. Furthermore, operating expenses for this retreat (facility rental and food) are being paid from *dana* previously received by IMC's Retreat Fund. At the end of the retreat, retreatants will be offered an opportunity to donate to the Fund so that future retreats may be offered to other retreatants on a *dana* basis. If *dana* is offered in check form, **only one check should be written**, with the "memo" space on the check used to indicate what portion of the total amount is to be given to the Teacher, the Cook, and the Retreat Fund.

***WHERE:***

Hidden Villa, 26870 Moody Road, Los Altos Hills, California, 94022.

**MAP:** Hidden Villa map and directions can be found at *mapquest.com*. For those who are not online, use the following simplified directions. Mileage and times are estimates and do not take into account heavy commutes.

**From the South Bay:** About 20 miles and 35-45 minutes driving time. Take #280 North to El Monte/Moody Road Exit. Go west to Foothill College and Moody Road. At the intersection of El Monte & Elena (by the Foothill College Fire Station) turn left onto Moody Road and proceed about 1.7 miles to Hidden Villa, which is on the left side of Moody Road.

**From San Francisco:** About 40 miles and 70-80 minutes driving time. Take #280 South toward San Jose. Exit El Monte/Moody Road and go west to Foothill College and Moody Road. . At the intersection of El Monte & Elena (by the Foothill College Fire Station) turn left onto Moody Road and proceed about 1.7 miles to Hidden Villa, which is on the left side of Moody Road.

**From the East Bay:** About 45 miles and 85-95 minutes driving time. Take your best route to #280 South toward San Jose. Exit El Monte/Moody Road and go west to Foothill College and Moody Road. At the intersection of El Monte & Elena (by the Foothill College Fire Station) turn left onto Moody Road and proceed about 1.7 miles to Hidden Villa, which is on the left side of Moody Road.

***WHEN YOU ARRIVE AT HIDDEN VILLA:***

Proceed on the access road to the Hostel building on your left. Due to fire regulations you may not park by the Hostel for more than ten minutes, just long enough to unload your gear and register. Cars must then be moved to the designated parking area.

***DURING THE RETREAT:***

Noble silence will be observed starting Sunday evening and continue through the retreat (or as the teacher(s) instruct). We will be depending on one another to respect the space of the retreat. Please, no coming and going and no phone calls (except in an emergency). **You are expected to stay until the end of the retreat after lunch on Sunday, barring a true emergency.** We'll sign up for yogi jobs when we arrive and take responsibility for whatever needs to be done while we are there—including kitchen duties—and clean up before we leave.

***EMERGENCY CONTACT # AT HIDDEN VILLA:***

**650-949-8648:** This is the main Hidden Villa Hostel phone number and will also be the number through which you may be reached in an emergency. Please inform anyone who may call you that staff is not always available to answer the phone, and the answering machine may not be checked more often than once a day.