

## COMING ON EVENTS AT ADHIṢṬHĀNA

**Arriving:** The retreat will begin with dinner at 6pm. You're welcome to arrive from 4pm onwards.

**Departing:** Events which are a week or longer will finish after breakfast. There will be a clear up on the final day, around 10:30-11am. For events shorter than a week, they will finish after lunch and a clear up around 2:30-3pm.

**Bed Linen:** We ask you to bring your own bed linen if you can, especially for events which are shorter than a week. Bringing your own bed linen helps us to save a lot of electricity and water by reducing how much laundry we do, but of course we'll provide linen if you don't bring your own.

**Accommodation and Accessibility:** Adhithana is largely accessible and most communal areas are on the ground floor or reached via lift. Rooms are almost all twins, with some for four or five people, and one dormitory which we try to keep to a maximum of 8. We have three ground-floor, single accessible rooms with en-suites; we allocate these on a first come first served basis to those with physical or health-related need. Please contact the office in advance if you need a single or accessible room and to discuss any accessibility needs. On larger events, single rooms will only be allocated on grounds of medical or other serious need, so we are able to accommodate as many people as possible who would like to come on retreat here.

**Emergency Contact:** We would ask you to not use your mobile phone or other electronic devices during the event to avoid disturbing other retreatants or the resident community, and to preserve the atmosphere of the retreat. If you do need to use your phone for any reason, please go down the driveway. If you need to be contacted in an emergency, the Adhithana office is generally open on weekdays between 10-5pm, and the phone number is 01531641726. The reception building is open all the time, and the organiser on your retreat will check the answering machine every day; the number for that phone is 01531640972.

**Food and Restricted Diets:** All the food at Adhithana is vegan. Cow's milk is no longer available and we provide dairy-free alternatives. We can only cater for genuine medical conditions and need to be informed each time you book. The cook may contact you to discuss your needs. There will be only one alternative to the main meal for all restricted diets e.g. steamed vegetables, a simple protein and simple carbohydrate. If you need additional food supplements, please bring them with you, and they can be stored in one of the fridges in the accommodation blocks.

## COMING ON EVENTS AT ADHISTHANA

**Living as a Community:** There will be a rota for sharing washing up, vegetable preparation, making porridge and serving meals etc. There will also be a clear up integrated in the end of the event to help us prepare Adhithana for the following event. We meditate together every morning at 7:00-7:50am then a silent 10-minute leg stretch and then again from 8:00-8:30am.

**Cancelling:** Please contact the office if you need to cancel your place on the retreat. The deposit is non-refundable and non-transferable. For Sangha retreats please cancel with the retreat organiser at your local centre.

**Travel Details:** Details on how to get to Adhithana are on our website at [www.adhithana.org/contact-us-and-travel-information/](http://www.adhithana.org/contact-us-and-travel-information/). If you are arriving by train our nearest station is Colwall. You need to book a taxi in advance by phone to meet you from the station as there isn't a taxi rank. Further details are available on the website, including a list of taxi contact numbers.

Please do contact us if you have any further queries.

We look forward to welcoming you to Adhithana.

Adhithana, Coddington, Ledbury, Herefordshire, HR8 1JL

[admin@adhithana.org](mailto:admin@adhithana.org) - 01531641726