

**Arriving:** The retreat will begin with dinner at 6pm. You're welcome to arrive from 4pm onwards, check in will not be available and rooms will not be ready before then.

**Departing:** Events longer than a week will finish in the morning, with departure from 11am. Two- and three-night events finish in the afternoon at 3pm. All events state when they will end on the website, so check the event end time displayed before booking your travel. Please stay until the end; if you need to leave early, please contact the office.

**Bed Linen:** Unless travelling from overseas, we ask you to bring your own bed linen (single sheet, duvet cover and two pillowcases), especially for events 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. We will of course 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 dorms of up to 12 for bigger events. We have five single rooms - three ground-floor, accessible ensuite rooms, and two upstairs, one with an ensuite. 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 ask you to not use your mobile phone or other electronic devices during the event to preserve the atmosphere of the retreat and avoid disturbing others. If you need to be contacted in an emergency, the Adhithana office is open daily, and someone will be in the office to answer queries between 9.30-10.45 and 14.30-15.30. If you need to be contacted the phone number is 01531 641726 – this number will be checked daily.

**Food and Restricted Diets:** All the food at Adhithana is vegan, and we provide dairy-free alternatives to cow's milk. We can only cater for genuine medical conditions and need to be informed each time you book because we do not store your data. To assist the cook, please restrict requirements to essential items only and give an indication of severity of your allergy/intolerance. If you have a complex diet (i.e there are more than 3 things you can't eat) we will contact you to discuss options. If you need additional food supplements, please bring them with you - they can be stored in one of the fridges in the accommodation blocks.

**Living as a Community:** We meditate together every morning at 7:00-7:50am, a silent 10 minute leg stretch, and then again from 8:00-8:30am. There will be a rota for sharing washing up, vegetable preparation, making porridge and serving meals etc. which we ask all visitors to contribute to. To help us prepare Adhithana for the following event there will be a clear up at the end of your time here; this enables Adhithana to run a full programme of back-to-back events.

**Cancelling:** Please contact the office if you need to cancel your place on the retreat. The deposit is non-refundable and non-transferable.

**Travel Details:** Details on how to get to Adhithana are on our website at <https://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 to meet you from the station. Further details are available on the website, including a list of taxi contact numbers.

Please do contact us if you have any further queries, and we look forward to welcoming you to Adhithana.