



Ananda  
Dallas  
Meditation & Yoga Center

## Easter Retreat FAQ

### Programs

Who can come to the retreat?

All adults are invited to the overnight experience. Families are invited to attend the social Christmas portion that takes place after Sunday Service when we have our Easter Banquet and Egg Hunt. Children are welcome to come for Sunday service as well but we must know in advance with registration in order to provide supervision during the service.

**Are there any public programs open to all?**

Yes! Everyone is invited! Families are invited for Sunday (see above)

**Can I come just for the day and/or Sunday Service only without staying overnight?**

The only day open to the non-retreat attendees is Sunday, where all are welcome as we celebrate Easter together, including families with children. Because this is an immersive retreat experience, everyone's experience is compromised if we allow attendees to come for just a few hours. However, if there is no room availability left, day passes for the weekend will be made available for the entire weekend. (We will provide a list of possible offsite overnight accommodations.) If you cannot attend all the days of the retreat, two night options may be offered if availability still exists after the priority registration period is over. Three night options are given priority. Also, if financial hardship impedes your ability to come, scholarships are available. Inquire with [Maitri@anandadallas.org](mailto:Maitri@anandadallas.org).

**Will we be expected to do seva?**

Seva is an important part of our spiritual practices and is incorporated into our retreat time together. You will receive an assigned time to do seva during orientation. It will most likely involve clean up and/or set-up for one of our meal offerings. We will do our best to make sure it does not limit your participation in other activities, but it will most likely impact a portion of your free time (approx. 30-45 min total.) We hope everyone can participate in the breakdown of the retreat Sunday afternoon after our social gathering. Many hands make a miracle!

## **Are there many nature trails?**

While the setting of the retreat is nature oriented, the trails are limited due to the acreage and the surrounding suburban location. There is probably less than 1/3 mile of walking trails. There are some pleasant sites about the property to meditate and to sit and enjoy the serene surroundings. There is a wonderful labyrinth you can walk as well.

## **Accommodations**

What should I bring to the retreat?

ALL meditation gear: pillows, malas, headphones, shawls, Aum boards, flashlight & batteries, toiletries, journal, spiritual books, ear buds if you are listening to music. Bring any yoga props - mats, strap, blocks, if you have them. You may want to bring a camp chair to sit outside on the grounds.

Do I need any special clothing?

Casual comfortable clothing suitable for yoga and meditation is suggested. A pair of slip-on shoes may be helpful as some activities may require the removal of outdoor shoes. In such cases Indoor shoes/ slippers may be good to bring where you do not want to be barefoot. For outdoor use, it might be nice to also have a pair of walking shoes. Make sure you check the weather report and pack accordingly.

Do the rooms have heat and AC?

Yes, controls located in each room.

Do I need to bring my own linens?

You will be provided with one set of towels including bath, hand, and washcloth. Bed linens provided as well. One pillow and blanket provided per bed as well. If you think you need more, please bring them with you. If you want to sit outside other than in a chair or at a picnic table, you will need to provide your own blanket/ground cover.

## **Meals**

It says that Thursday night dinners are not provided? What are my meal options for these time periods?

Since people tend to arrive at different times the first night, we decided that folks should either eat before they arrive or order upon arrival from a list of restaurants provided in your welcome packet.

We will provide light snacks- fruit, nuts throughout the retreat.

Can I keep food in my room?

You can keep snacks in your room but there is no refrigeration available except for special medications.

Can I eat food I order in from a restaurant in my room?

Preference is that all meals be consumed in the conference center or outside, not in the rooms themselves.

Can I eat meat (i.e., a chicken sandwich or taco) while at the retreat, or is meat prohibited at the retreat center?

Ananda retreats are vegetarian, we ask all participants to honor this request while on the retreat grounds, even with delivery/take-out.

Will there be coffee? Can I bring my own milk or milk alternative for the coffee/tea and keep in the kitchen refrigerator?

Coffee and tea will be offered along with milk alternatives. **There is unfortunately there no room for personal refrigerated items at the retreat.**

What if I have special dietary needs?

We will be offering options for all dietary needs noted by participants in the registration form.

Is there a refrigerator for food storage, for special medication storage?

There is no refrigeration for personal food storage except for special medications if needed.

Will there be many bugs?

It is a nature setting so bugs can come with the territory, however the retreat is in April so bug populations should be at a minimum. (-: Feel free though to bring bug repellent in case of mosquitos.

## **Retreat Policies and Protocols**

What are your protocols for COVID 19?

As everyone knows, this is an ever-changing situation. But because cases have fallen dramatically in the local area we have decided to relax our policies to be all inclusive. We

encourage everyone to join us that is healthy and symptom free of fever or other outward signs of illness Both vaccinated and unvaccinated participants are invited to attend any of the events during the retreat weekend. We do advise mask wearing inside for those who are more vulnerable and we encourage others. However, it is left to the individual to decide what is appropriate for them with consideration for the retreat community. We ask if participants come down with any symptoms or illness prior to the retreat or during the retreat that they contact immediately [Maitri@anandadallas.org](mailto:Maitri@anandadallas.org), 214-458-3620. **If you come down with symptoms prior to retreat, a COVID test will be required in order to attend.**

What is your mask policy?

We do strongly advise unvaccinated persons to wear masks inside and encourage others. However, it is left to the individual to decide what is appropriate for them with consideration for the retreat community.

Is there going to be strict silence? At which times?

Saturday afternoon is our official time of silence throughout the retreat grounds after lunch until dinner. **“In silence” badges will be available for use at any time for those who wish to maintain a more inward experience.**

What if I get sick right before the retreat or test positive prior to retreat and cannot attend?

While our stated policy is no refund after March 14th, we will do our best to work with each individual case to see if we can fill your place or perhaps offer some form of partial credit (no expiration) Please contact [Maitri@anandadallas.org](mailto:Maitri@anandadallas.org) ASAP if you become ill. (Note: after March 14<sup>th</sup> Ananda in Texas has committed funds to rental of the facility which are nonrefundable to us and so that is why we cannot guarantee any portion of refund to those that cancel after that date.)

Can I go off site during free time?

It is strongly encouraged that you stay on site during the entire retreat to receive the full benefit of your experience.

Is there cell phone reception and internet? **Yes.**

What will be the electronics policy during the retreat? Cell phones and electronics usage will not be allowed in any of the public areas (conference hall, chapel and surrounding outdoor areas). If participants feel they must access their phones during the retreat, we ask that they consciously keep it to minimum and in the privacy of their own rooms (If they have roommates come to a mutual agreement.)