



Ananda
Dallas
Meditation & Yoga Center

Kriyaban Retreat FAQ

Accommodations

What should I bring to the retreat?

ALL meditation gear: pillows, malas, headphones, shawls, Aum boards (for 2nd Kriya and for Aum Technique), flashlight & batteries, toiletries, sunscreen, 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?

For the Kriya initiations, the tradition is to wear as much white as you can. Indian or western style is fine. Often folks wear Indian clothing for the Indian Banquet, but not necessary. Other than that, 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 (maybe a jacket/sweater)

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. 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

Can I keep food in my room?

You can keep snacks in your 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.

Unfortunately, there is no room for 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 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 October so bug populations should be waning. (-: Feel free though to bring bug repellent in case of mosquitos.

Retreat Policies and Protocols

What if I get sick right before the retreat?

We advise participants to take extra precautions in the week leading up to the retreat so that you can attend! Any signs of illness should be

reported to Maitri@anandadallas.org, 214-458-3620. If you are showing symptoms of illness, please diagnose/test before coming and consider not attending if symptoms worsen in any way. If a fever is present, we ask that you not attend. While our stated policy is no refund after Sept 25, we will do our best to work with each individual case and in the very least offer some form of credit toward future events (no expiration) Please contact Maitri@anandadallas.org asap if you become ill.

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

Saturday is our official inward Day of Silence throughout the retreat grounds. There will be discussion allowed only within the satsang session for those who wish to talk. "In silence" badges will be available for other days/times and for Saturday as well for those who wish to maintain a more inward experience. If you wish to speak with someone, please make sure it is in private and keep voices to a whisper. This also applies to any electronic devices used or phones.

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?

We offer and suggest that everyone "park" their electronics in their rooms. 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.)

Programs

Who can come to the retreat?

For the overnight portions, only approved Ananda Kriyabans (new or returning; contact supriya@anandadallas.org for approval.)

Are there any public programs open to all?

Yes! Sunday service program including fire ceremony is open to the public. Also, the celebratory Indian Banquet directly afterwards is open to everyone. Cost is \$30 for banquet. (No additional cost for retreat registrants) and available through the website.

Can I come just to the kriya initiations only without attending other activities?

You must be approved for any initiations and you are required to attend the Saturday morning sadhana(see schedule)

Do I need to bring my flower, fruit, and donation to each of the Kriya Initiations?

Flowers and fruit will be provided, but you can bring your own as well. Kriya donations will be accepted for the First Kriya Initiation only. The Kriya donation is not part of the Day Pass or your retreat registrations.

What is included in the Day Pass?

The Day Pass includes all meals, all the sadhanas, Kriya initiation, and fruit and flowers for initiation. It helps to cover the cost of the retreat facility and our Kriyacharya's travel expenses. **It does not include your Kriya donation.**

How much free time will I have?

You will have ample free time. We hope participants will use this time be inward, to read and enjoy the outdoor aspects of the retreat. We will provide some books for your use if you do not bring any of your own.

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 some 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.)

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.