

**2019 NEW JERSEY MEDITATION RETREAT WITH ANAM THUBTEN
TUESDAY EVENING, MARCH 26—SUNDAY AFTERNOON, MARCH 31, 2019**

Description: Five-day retreat involving meditation and teachings

Retreat Leader: Anam Thubten

Arrival: Tuesday, March 26 starting at 4:00PM. Dinner will be offered Tuesday evening.

Sign-In: Tuesday evening from 4:00-7:00PM

Practice begins: Required orientation at 7:00PM. Teaching from 7:30–9:00PM Tuesday.

Departure: Sunday, March 31 after lunch

Location:

Cross Roads Camp and Retreat Center
29 Pleasant Grove Road
Port Murray, NJ 07865

Link for driving directions: <https://crossroadsretreat.com/map-and-directions/>

PBMG Contact:

Email: ATRinfo@PBMG.org

Registrar: Kathie Smythe

Payments can be made via PayPal or check mailed to:

Carolyn Kasky
1374 Pepperbush Ct
Yardley, PA 19067

Housing:

There are two housing options available at Cross Roads Retreat Center.

1. Dorm Style Accommodations: The Lodge (women)/Beisler Hall (men) have bunk-style beds, shared bathrooms, and showers. Both are located a short 3-minute walk from the meditation and dining halls. Linens and towels are not provided in the dorm-style housing. The cost of the retreat for this option is \$630, all meals included.
2. Christ Center: Christ Center has shared double rooms with en suite bathrooms. Linens and towels are provided. It is a short 3-5 minute walk to the dining hall from Christ Center. The cost of the retreat for this option is \$760, all meals included.

When you register, you'll specify your preference for accommodations—dorm-style or doubles—and for the Christ Center, you may choose your roommate or we will assign roommates.

Additional Housing Information:

Please note that the space at Cross Roads Retreat Center does not allow for singles, and, to preserve the sacred container of the retreat, Anam Thubten has asked that there be no offsite housing or commuter options. Because of the season, tenting will also not be an option for this retreat. Even if your preferred style of housing is not available, you are encouraged to consider coming anyway, if at all possible, to stretch beyond what may not have previously seemed workable.

There are accommodations accessible for individuals living with disabilities; if you require an accessible room, please be in touch with us as early as possible. All of the practice and eating facilities are accessible as well.

Meals:

The available meals include Tuesday dinner, breakfast, lunch, and dinner on Wednesday through Saturday; and Sunday breakfast and lunch. All meals will be vegetarian only (including some dairy and eggs). Participants with food allergies are asked to submit a food allergy/sensitivity form. We will need a count of those with special dietary needs:

- Vegan
- Gluten- or dairy-free
- Food allergy/allergies

If you have any food allergies, you'll need to fill out the food allergy form as well and return it to our PBMG registrar when you submit your registration.

Meal times:

Breakfast	8:30AM
Lunch	12:30PM
Dinner	5:30PM

Snacks:

Snacks (nuts, fruit, crackers, cheese, sweets) will be provided at appointed tea/coffee break times.

Payment and refund policy:

The retreat will cost \$760 per person for a shared double room and \$630 per person for dorm-style accommodations. This includes all meals. Either a \$100 deposit or payment in full must be made at the time of registration; any balance due must be received by March 1. Payment may be made either by check or by PayPal. If you pay via PayPal, you will be charged an extra 3% fee which will not be refunded if you need to cancel your registration. Payments will not be accepted onsite at the retreat.

Any advance payment is fully refundable before February 15. Anyone who cancels a registration after February 15 will forfeit the full amount of the registration fee unless her/his spot can be filled. See the "Cancellation and Refund Policy" document for more details.

Please note: No one will be turned away for lack of funds. Scholarship funding and senior/student discounts are available.

- Scholarships are available for dorm-style accommodation only.
- For full-time students or seniors (65+), a 25% discount is available. With this discount, a shared double will cost \$570 and dormitory-style accommodation will cost \$472.

Please contact Jamie McFadden at cs_jamiemcfadden@yahoo.com for scholarship details; for student/senior discounts, simply mark that option at registration.

Weather Concerns:

We realize that late March is a time of year when weather is questionable and snow is still possible. If there is snow, it will not be possible to cancel or offer an alternative date. Cross Roads has assured us that they will make sure that the driveway is plowed and walkways are shoveled, but please check the weather as you prepare, and pack appropriate clothing. In case of an emergency weather event, if our hosts at Cross Roads make the call to cancel the event, all money will be refunded.

Chairs and Cushions:

There will be chairs available for people who do not use meditation cushions. Cushions (zafus, gomdens, zabutons, support cushions) and light throws will be available, or you may bring your own cushion, shawl, etc. Please make sure to label your cushion.

Rota jobs:

You may be asked to complete a task, or rota job, while attending this retreat. These tasks are contributions to the work necessary to produce the retreat. Your participation and cooperation are greatly appreciated. If you have limitations that would prevent you from participating in a rota, make sure to let us know. You will be given your assignment when you check in on Thursday.

Daily schedule:

Our days will follow a set schedule. The schedule will be posted in some of the common areas. Practice begins at 6:30AM and includes 7–8 hours of teaching and meditation. Even when not sitting, we will be practicing, and silence will be maintained from the close of teaching Tuesday evening until Sunday morning, unless Anam Thubten instructs otherwise.

What to bring:

Meditation cushion (if you prefer your own; cushions also provided)

Shoes for walking/hiking around campus

Rain gear

Flashlight

Earplugs (if light sleeper)

Refillable water bottle (using campus water)

NOTE: if you need bottled water, please bring it for yourself

Drinking mug labeled with your name to use during breaks

Notebook and pen(s)

Stretching/yoga mat if you'd like to use it in the stretching room

Snow boots, warm clothes

Please avoid bringing/wearing strong perfumes/scents, as a kindness to those who may be sensitive

Emergency numbers:

Please provide an emergency contact number when you fill out your online registration.

Facility contact

(give only to friends/family to reach you in case of emergency during retreat):

Corine Borrero Tel: 908-832-7264 | Email: officemanager@crossroadsretreatcenter.com

Silence:

We will be practicing noble silence during this retreat. This means we will not interact with each other verbally. It might also be helpful to avoid engaging others with unnecessary eye contact, as this can lead us back to finding our voices. If you are having an emergency or need to convey important information to someone, please try to do so as quietly and unobtrusively as possible, preferably in a place where others will not see or hear the conversation. Note-writing is an option for specific needs, but is ideally not used as a substitute for chatter or socializing. This kind of silence is not to be seen as punitive or restrictive; it is a support for mindfulness and awareness, and, as such, is a gift we give ourselves and each other for this brief time.

Lights out: 10:00PM nightly

Part of the discipline of retreat is to take care of ourselves by getting enough rest. Even during a short retreat, you may find you require more rest. Maintaining support for our own and others' practice by respecting lights-out and wake-up times is also an important part of our commitment to each other.

Other things to think about:

For so short a retreat, it will be important to maximize the benefits of being on retreat, and to break away from habitual activities/distractions. Try not to bring books, iPads, or computers. Remember, you are treating yourself to this special time for the purpose of practice. It helps to disconnect as much as possible. Turn off /silence your cell phone while on-campus and please do not bring phones into the shrine room. If you need to use your phone, please move well away from the practice and housing area so that others will neither see nor hear you. Your fellow attendees will be in silence.