



Buddhafield Retreats - General Information

Thank you for booking on a Buddhafield Retreat – we look forward to welcoming you.

Location and Travel

You will have received an email confirming your booking, which contains a link to travel directions for the retreat site. We will send out an additional email around 4 weeks before the retreat starts to let you know specific timings and the arrangements for collection if you're travelling by public transport.

If travelling by car please try to travel with others, with whom you could share costs. Car parking space is limited and we now have a £10 charge for bringing a car, which will go towards our treeplanting and permaculture projects. You can offer or request lifts via our Facebook [Buddhafield Liftshare group](#) or www.freewheelers.co.uk

Some polite requests

Please attend the whole retreat. In this way we build up a tangible sense of ourselves as a community.

We also ask that no one goes off site during the retreat for the same reason (apart from for walks in the beautiful countryside, of course)

There will be plenty of delicious food on site. We ask you to please respect the site as a vegetarian zone and not bring any meat or fish on site. We can help you with any medical dietary needs.

We ask that on the retreat you don't use electronic devices (mobiles, iPods, computer games, iPads, computers), leaving them at home where possible. This is a rare opportunity for us to unplug for a short while and just be with each other, be with the land, be on retreat. If you need to use your mobile for an essential call, please do so away from others.

We ask you to refrain from alcohol, sexual activity and using non-prescription drugs whilst on retreat, to contain energy and maintain awareness of both yourself and others

Suggested Camping Gear

- Tent
- Sleeping bag
- Camping mattress
- Camping pillow
- Warm clothes, boots and wet weather gear
- Wellies

- Sun hat and sun cream
- Torch/lantern
- Personal hygiene items, including a towel
- Hot water bottle (even summer nights can be colder than you'd think.)
- Alarm clock, so that mobile phones can be fully put away during the retreat

Equipment

We supply blankets for use both in the shrine room and at night, but if you are travelling by car please could you bring 2 blankets of your own so we have enough to go around. (Don't forget to take these with you when you leave!)

Things not to bring

Please don't bring drink or drugs on to the retreat site. We're sorry but we also can't have dogs on site.

Meals

All our meals are vegan and we provide non-dairy milks for cereals and drinks. If you have special dietary needs for medical reasons, please let us know in advance, by emailing retreatinfo@buddhafield.com and we will try to cater for you. To this end, we can offer a steamed veg and rice option each day to cover special dietary needs for medical purposes as well as the standard main meal. If this is not adequate for your needs, please bring additional food supplies. The food supplied by Buddhafield will be cooked by the retreat team with help from retreatants during work periods. We provide mostly organic food.

Work Period

There will be a work period for everyone of about an hour each day. This brings us together in purposeful activity and helps the smooth running of the retreat for all. Depending on what team you are on, it may happen at a different time. If you won't be able to take part in work periods, please let us know on the retreat so we can plan accordingly.

Donations

For the majority of our retreats you pay a deposit when you book. We offer our retreats on a dana (generosity) basis, and we have suggested donations listed on our website for each event. At the end of the retreat, we will collect any donations either by card, cash or cheque. Please consider giving to support our work and to enable others to enjoy Buddhafield retreats in the future.

Any Questions

If you have any further questions, please don't hesitate to contact us on retreatinfo@buddhafield.com

We look forward to seeing you on retreat!
The Buddhafield Team