

# What to Bring and How to Get There

(template for email to retreat attendees)

Hello

I am looking forward to seeing you all this weekend. Please aim to arrive by 3.00pm to allow yourself plenty of time settle in.

Please note in the 'What to Bring' section that you need to **bring your own sheets, pillow slip or sleeping bag**. Sheets can be hired from the retreat centre, but there is a charge of a further \$10 per night.

A reminder also, that the venue is **vegan, as well as smoke, alcohol and drug free**.

Please let me know any special dietary requirements (all food is gluten free) before Wednesday morning.

## What to Bring

- Bedding - pillow slip, sheets
- A doona or sleeping bag if you want to - there are blankets in each room, but you may be more comfortable with your own doona or sleeping bag
- Plenty of warm clothes and a waterproof jacket - the days here have been warm, but the nights get very cold
- Towel & toiletries
- Meditation shawl or blanket
- Meditation cushion or stool if you have one
- Comfortable walking shoes to enjoy the surrounding bush
- Bring your own yoga mat if you wish (there are some here)
- Musical instruments

## How to Get There

- Slowly and with grace and ease
- Come to 9 Lone Pine Avenue Hepburn Springs - [Google Maps ref](#)
- If you are coming **through Daylesford**, follow the directions below:
  - Head west on Midland Hwy/Raglan St toward Smith St
  - Continue to follow Raglan St - 0.7 km
  - Turn right at Hepburn Springs Rd/Vincent St
  - Continue to follow Hepburn Springs Rd - 0.5 km
  - Slight left to stay on Hepburn Springs Rd - 3.0 km
  - Continue on Mineral Springs Cres - 0.3 km
  - Turn left at Golden Springs Ave - 0.2 km
  - Turn right at Lone Pine Ave

See you on the weekend.