

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 4805-447, "Five Day Silent Retreat with Adyashanti" on September 20–25, 2009.

The Schedule

The schedule offered at Adyashanti's retreats uniquely reflects his sense and experience of what best supports awakening. The deep silence of meditation coupled with the focused inquiry of satsang are the ground and seed from which awakening flowers.

Day 1 Schedule (Sunday)

4:00-6:00 pm	Check-in (Please arrive on time.)
6:00-7:00 pm	Dinner
7:15 pm-10 pm	Omega & Mandatory Open Gate Sangha Orientations (followed by satsang)

Daily Schedule (Monday-Thursday)

The first meditation of each day begins at 7:30 am, and the last meditation ends at 9:30 pm. The first and last meditations of each day are required. There are two satsangs each day, three meal breaks, and several meditation periods throughout the day. Lights out at 10 pm.

The Last Day (Friday)

12:30 pm	Retreat Ends
12:30-1:30 pm	Lunch

Note: Check out is at 1 pm.

*This retreat will be held in silence, including breaks and meals.

Please familiarize yourself with the following information about the structure of retreat, what to expect about being in silence, the schedule, and what to bring.

Please note:

- *The children's program is not offered for this retreat. Participants are asked not to bring their children to Omega during the retreat.*
- *There will be no refunds once the program has started.*
- *Participation requirement: Adyashanti requires that all attendees arrive on time for retreat (4-6pm on the first day) and plan to stay at the retreat site through the end of the retreat (just before lunch on the last day). Please do not attend if you cannot arrive on time and stay through the end.*

The Retreat Container

A powerful retreat container supports a deep and transformational unfolding into truth. Participants work together to create and nurture this container by maintaining silence and giving themselves to the schedule and structure of the retreat.

Retreat participants are asked to come to the retreat prepared to be fully present, with loose ends tied up at work and at home, completing all business before retreat and making arrangements with loved ones to help maintain the silence. This depth of intention allows an undistracted experience of surrender that is not often possible in daily life.

Awakening the Best in the Human Spirit

We also encourage participants to focus on this retreat program only. By not engaging in other classes and activities that Omega offers during this retreat, you will be supporting the depth of silence for each individual and the group as a whole.

The Importance of Silence

This retreat will be held in silence, except during satsangs. The outward presence of silence draws attention to inner silence, and beyond—to its Source.

Immersing yourself in silence can bring up issues such as conflicted feelings or perceived needs. When such issues arise, it is especially important to maintain the silence so that these issues can be seen and resolved inwardly in the light of truth. To help keep the spirit of this silence, we ask that no notes be written to the Retreat Leader or passed to other people during the retreat except for emergencies only. Please do not talk with the staff at the retreat site except in emergencies. The Retreat Leader will be available during the announcement periods to address urgent practical matters.

This retreat is your opportunity to dive deeply into the silence and discover the truth of your being, while supporting others to do the same.

What to Bring to Retreat

What to Bring

- Alarm clock (required)
- Ear plugs (if needed)
- Toiletries
- Extra towels
- Shawl or light blanket
- Small fan (optional)
- Journal (optional)
- Flashlight and batteries
- Insect repellent
- Layered, loose-fitting clothes that are not distracting **
- Slip-on shoes
- Rain gear
- Extra back supports or cushions*

What to Leave at Home

- Food (no storage)
- Radios
- Books
- Scented deodorants and lotions
- Cell phones
- Pagers
- Drugs
- Alcohol
- Perfume
- Essential oils
- Aftershave
- Backjacks or chairs*

Please Note:

*Omega will provide prearranged backjacks, chairs, and cushions for meditation and satsang.

**Shorts are not allowed in the meditation/satsang hall.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff