

Greetings! to each of you who is coming to the Stronger Together Retreat at Omega Institute. We are delighted that you will be part of the community and want to offer some information before you arrive in Rhinebeck.

We're inviting each of you to **bring an object** that reflects something that has meaning for you on your own journey. In our morning session on Monday we'll ask you to tell us about what you've brought and place it in the center of our circle. This centerpiece will remain in the center of the circle throughout our days together.

Please plan to **arrive by 3-4:00pm Sunday 9/7** at Omega if at all possible. This will give you time to get registered in the Main Office/Registration but your room may not be available until 5pm. Campus Support will take your suitcase to your room. There is sometimes a long line to check in but it does move pretty quickly. If you can arrive **earlier** that would be even better.

If you have questions about getting to Omega please call the registration office: 800-944-1001. If you come by train you'll get off at Rhinecliff. Omega will have a shuttle pick you up if you make a reservation with them at the above number.

Our first meeting will be after dinner on Sunday at 7:30pm but, if you have gotten checked-in by 5:30pm Sunday please come to our room, which you'll receive when you check in (we don't know it yet). We can all go over to the dining hall together. If you can't get to Omega in the afternoon or get stuck at the registration check-in just come to the dining hall at 6:00pm, go through the buffet line and look for the **tables that have been reserved for our retreat**. We will be eating together.

Please wear **comfortable clothes**...we'll be sitting in backjacks on the floor (or chairs for those who prefer that). Other things to bring are a **journal or notebook**, a **rain jacket or umbrella** (just in case), something warm in case it gets chilly (like a **hoodie**), **light clothes** in case it gets hot...there is a lake at Omega so bring a **swim suit** if you'd like to swim or float around during the daily R & R periods after lunch. They also have some kayaks and rowboats.

Omega is a beautiful place. It used to be a children's camp but it has been all fixed up for us grown-ups and has lovely buildings, a meditation hall, hiking trails, amazing gardens, etc. Each day they offer **activities before and after the formal sessions** (12:15-1:15; 5:30-6:15) such as yoga, meditation, and movement. Early morning sessions are listed below. These classes require no experience and are open to everyone at Omega. We will make sure that our sessions do not conflict with these so those of you who want to participate in them can do so. There are several other workshops happening during the same time as our retreat, so there will be lots of people.

The food at Omega is healthy and tasty. There are always choices at each meal. All meals are served buffet style. Water, coffee and tea are available at all meals. **No alcohol, drugs, or smoking** is permitted on campus.

Our retreat will have a morning session from 9am to 12pm, an afternoon session from 2:30pm to 5pm, and an evening session from 7:30 pm to 9 pm. You will have free time after lunch to enjoy all the wonders available to you on the campus. **We ask you to plan on attending all the retreat sessions.**

Meals are scheduled as follows:

Breakfast - 7:00AM - 8:45AM

Lunch - Noon to 2:00PM

Dinner - 6:00PM - 7:15PM

For those of you who are early risers there are Tai Chi/ QiGong classes, Yoga and Meditation sessions from 7am-8am (gives you 45 min to eat breakfast)

There is a 12-step meeting Tuesday only from 5:30-6:30pm.

There is also a Wellness Center with massage, etc (each of their offerings have a cost). There is a sauna... women and men have separate hours for use...no cost for this.

Myself (Laurie Leitch), Zuleikha, and Chanel Best will be the retreat staff. We have lots of good stuff planned for you and we are very excited that we'll all be together soon.

If you have any other questions before the retreat you can email me at L.leitch@comcast.net. I'll respond as soon as possible (I'll be teaching in New Mexico 8/29-31 and will have limited email access).

If you run into any problems on the day of arrival please let me know. via cell phone 505-660-3120. If you will be late to the first session on Sunday night please be sure to let me know so we don't worry about you.

Zuleikha, Chanel and myself are eager to see you and know that all of us together will build a community that will support your relaxation, growth, and...of course, fun.

Safe travels...and see you soon. Laurie

Stronger Together: Omega Retreat for Women Veterans

10/18-10/23, 2015

Greetings! You have registered for the retreat for women veterans. In order to learn a bit about you prior to the retreat and to know any special needs you may have please fill out the information form below. A couple of weeks before the retreat you will receive a note from us about what to bring and the general structure of the retreat. We are delighted that you'll be joining us for what we are sure will be a nourishing time together.

Laurie Leitch, Zuleikha, and Chanel Best

Participant Information Sheet

Name _____

Email _____

Preferred phone: _____

How long were you in the military? _____ What branch? _____

Were you sent downrange? _____ Where? _____

Health needs:

Do you have any food allergies? _____ if yes, which? _____

Do you have any other allergies? _____ if yes, which? _____

Do you carry an epi-pen for your allergies? _____

Do you have a service dog? _____ Will you be bringing your dog? _____ if yes, please contact Omega Institute and let them know.

Do you have any physical limitations that could affect the activities you are able to participate in? *
_____ if yes, please briefly describe:

* Note: this question is asked only to be sure that we are aware of any ways we may need to adjust

activities.

Have you had a recent stressor?* _____ if yes, please briefly describe:

Note: if you have experienced a recent loss in the past 6 months we do not recommend that you attend. The retreats are offered yearly.

Is there anything you would like us to know about you before we meet at the retreat?

What are you hoping the retreat will be for you?

Anything else?

Thanks for sharing this information! **Please complete and return by 9/28 to:**

Laurie Leitch TGW 111 Lawrence Street 41L Brooklyn, NY 11201

