

## Valuable Retreat Information for the SOYA Annual Retreat with Special Guest Sri Dharma Mittra!



Get ready for a great weekend of Yoga with Sri Dharma Mittra and a great group of yogis! We hope this information will help you to prepare for the event!

### What to Bring with you:

- Your bathing suit and Beach Towels (please do not take Naramata Centre towels to the beach). We will be located right on Okanagan Lake so start your tan early!
- Shampoo and other toiletries... the accommodations at Naramata Centre provide all linens, blankets, bath towels and bar soap.
- Bring a water bottle. Naramata has a new water system so you can refill it from the taps!
- A flashlight... the streets of Naramata Village are dark at night
- Your yoga mat and any props you like to use
- Paper and pens for taking notes
- Coffee or tea if you like it early in the morning... Naramata Centre kitchen does not open until 7:45am. Your accommodations do have a tea kettle and coffee maker with filters.
- Snacks as desired. There is only one General Store in Naramata Village.
- Some spare change or credit cards... There will be yoga products for sale from Dharma Mittra and others (**malas, jewelry, neti pots, deities, arati lamps, wall hangings from India & much more!** There is a great bookstore at Naramata Centre too!
- PLEASE DO NOT BRING PETS.



### Registration at the Retreat:

- Registration begins at 3pm, Friday June 10<sup>th</sup> at Columbia Hall, Naramata Centre
- **Please NOTE: A large group is departing from Naramata Centre on Friday. Some rooms may not be ready until 4pm. However we would like to have EVERYONE registered by 6pm so we are ready to begin at 6:45pm**

### What to expect in your Registration Package:

- The Retreat Itinerary (updates are posted at <http://www.soyayoga.com/dharmamittra.html> )
- A certificate of attendance (for Yoga Alliance CEUs and Teacher Training Credits)
- A map of Naramata Centre (there is a Labyrinth, Sacred Garden, & Chapel)
- Your room key (if applicable)
- An announcement of our **Special Guest Leaders for 2012!**
- Your Name Tag (**this must be worn to get into the Workshop areas and for Meals**). **We ask that during the Workshop sessions you put your name tag at the top of your mat so Dharma Mittra can see who you are.** Your Name Tag will also indicate **your Row placement** in the Hall for **each session**, the meals you are booked in for (just in case you forgot!), and on the back of it any special diet requests you have made.
- Family members NOT participating in the Retreat, will have a Name Tag provided for them indicating their entrance into the **Saturday evening KIRTAN with Eric Hubel** and any meals they have booked. **Please remind them to wear their Name Tag at these times.**



## Regarding the arrangement of Yoga Mats:

- Shoes will be left outside the room on the patio. **Please try not to bring extra “things”** to the session so you can leave some free space around you.
- **The placement of yoga mats is important.** Please note the tape on the floor indicating where to place your mat.
- **Yoga Mats will be rotated to different rows according to the colour of your Name Tag, so everyone has the opportunity to be closer to the front.** Each participant will have a turn being in the front, middle and back rows. We will have assistants helping with mat placement. After each session we will ask you to remove your mat to allow time for the custodians to clean the floor.



## Meals at Naramata Centre:

- **Dinner is served at Naramata Centre Friday night at 5:30pm for those of you who have prebooked.** If you have not booked dinner through us, alternative **places to eat in Naramata include the Naramata Pub (Camp Creek Station), a small bistro (Village Grounds), take-out Pizza (Rocky’s Pizza), a Chinese Food restaurant, & The Heritage Inn.**
- Your **Name Tag** will indicate on it the meals you are booked in for, and on the back of it any special diet requests you have made. Please check that this is correct when you check in for the Retreat. It is important you **wear your Name Tag to all meals.**
- All **Vegetarian and Special Diet requests** will be noted on the **BACK** of your Name Tag. *If you have requested special dietary needs, please tell this to the staff in the kitchen AT EACH MEAL. They have prepared something special for you, but need you to identify yourself.*



**Meal times:**  
Friday Dinner 5:30pm-6:30pm  
Saturday Breakfast 7:45am- 8:30am  
Saturday Lunch 12:15pm to 1pm  
Saturday Dinner 5:30pm to 6:30pm  
Sunday Breakfast 7:45am to 8:30am  
Sunday Bag Lunch 12:00noon

- We will have a collection bucket for a **Gratuity for Staff at Naramata Centre** at our Registration Desk in Columbia Hall. No gratuity is added to the fees for the Retreat. This gratuity is shared with staff from all departments following the retreat.



*See next page for directions to Naramata Centre!....*

## How to Find Naramata Centre:

**Coming from the North (Kelowna area):** \*Coming in on Hwy. 97 cross the bridge over the River channel on to Eckhardt Ave. \*Follow Eckhardt Ave. straight up until you reach intersection at Government St. (you will cross the Main St. of Penticton on the way). \*Cross Government St. and go left up Haven Hill Road. This will turn into Johnson Road going right at the top of the hill. \*Follow Johnson, which turns into Upper Bench Road, until you get to the stop sign at Upper Bench Rd. and McMillan Ave.

\*Turn right onto McMillan, which turns into Naramata Road (by the stables). \*Follow Naramata Road through orchard country for roughly 9 kms. and take the sharp downhill left onto Robinson Ave., which takes you into Naramata. \*Go straight down to 3<sup>rd</sup> St. and turn left. \*Cross the little bridge and on your right will be the office in McLaren Hall.

### Coming from the South (Vancouver area):

\*Coming in on Hwy 97 cross the bridge and turn left on to the Channel Parkway bypass at the traffic lights. \*Follow the Channel Parkway along, passing Art Knapps and Canadian Tire, until you come to Eckhardt Ave.

\*Turn right on to Eckhardt Ave. and follow the same bolded directions as above.

