

# Retreat Check List

Due date for registration for both retreats is **7th May 2010**

## **Check list for IH, Spiritual Retreat, MRT & MRT ++ (and OH3-6 in parts)**

1. (  ) Read all online information for the Open Heart 3 to 6 Workshops; the Spiritual Retreat (SR), MRT and MRT ++ ; in particular the entry requirements;
2. (  ) Went to 'Register' section on the retreat web-site, read the registration information and follow to 'Register Now' section AND completed the online registration process/form.  
Please note: by clicking on the 'I Agree' button you will register - This will send your registration e-mail to us in Hobart and you will receive an e-mail too so you have a record of your registration details and choices.  
(Before sending, you may like to write down the total cost for your retreat enrolment)
3. (  ) Went to the 'Transport' link of the web-site, read relevant information.
4. (  ) Read the 'Accommodation section' of the web-site ... and:  
A. Wrote e-mail to [accommodation@thelotuscentre.com.au](mailto:accommodation@thelotuscentre.com.au) to request the accommodation you need or require.  
B. if you need accommodation BEFORE and / or AFTER the retreat ....  
read this web-site section & either make own arrangements (e.g. hotel suggestions listed) or contact Rene for any assistance (e.g. staying with alumnis).
5. (  ) If you like to share with your partner, family member, friend or with a particular alumni .... please go to 'Accommodation section' of the web-site; click on e-mail link & tell us.
6. (  ) Have paid or made arrangements to pay retreat deposit of \$200 Australian dollars; local/Tasmanian alumni only. (Workshop costs only) Deposit is due on by **6<sup>th</sup> April 2010**
7. (  ) Have paid the balance for the retreat. Payments need to be made to Padmacahaya at the Lotus Centre, with the balance due by **14<sup>th</sup> May 2010** (in Australian dollars at the Lotus Centre also) for locals, interstate/overseas visitors pay balance or full cost on day of arrival.

## **C. Personal Check list for Retreat**

- (  ) Please pack and bring warm clothes
- (  ) Please bring your own Drink Bottle to use in the retreat
- (  ) Bring passport photo for Master Yoga Registration (1st time participants only); or
- (  ) Bring your 'Master Yoga' card if you are repeating
- (  ) Read the Customs Page of this site ... regarding bringing food and other items
- (  ) Change money to AUD\$ and have balance amount ready (for retreat costs: retreat(s) & OH 3,4,5&6 accommodation, meals, transport and other program activities and for personal expenditure)
- (  ) Please bring a USB stick for prayers& practices recorded at the retreat (we will have some 1 & 2GB USB sticks available for purchase)
- (  ) Always smile ☺ and bring your sweetest ☺
- (  ) Open heart ♥