

The Lost Coast Retreat
MEDITATION ON THE OCEAN RETREAT

9 day retreat May 31 – June 8

Sliding scale cost \$480-\$600

Teachers: Susie Harrington and Erin Selover

Cook and Manager: Lisa Allee

Welcome to the Lost Coast

The Lost Coast is a designated Wilderness area on the coast of Northern California. The coastline there is wild, rugged, and extraordinarily beautiful. The house where we will be hiking to is one of just a few private in-holdings in the wilderness. This very remote, magical property overlooks the ocean and is backed by mountains. To get there we will hike 9 miles from Shelter Cove along a rocky beach. Our food and our heavy gear will be flown in for us. You will carry a large day pack for the hike with gear we will need for the hike (lists below). If carrying your gear on this hike would make this trip prohibitive and you would like to come, please contact us as we may be able to accommodate this special need.

The retreat site consists of a large house with sleeping pads and a few beds, with sleeping available on the porch or on the floor indoors (dormitory style). Camping is also an option--you will need to bring a tent that does well in wind. There are two outhouses, a shower house, a separate kitchen/dining area, and a wood-fired hot tub and sauna. There are hiking trails, both along the coast and up into the mountains.

Weather

The weather on the Lost Coast during July is often warm and dry (temperatures ranging from 60's into 80's), but coastal weather can change quickly and days can be cool, foggy and drizzly. There can also be strong and erratic winds.

Food

Food will be vegetarian, organic where possible, wholesome, and plentiful with three meals a day. There will be some protein in the form of nuts, beans, eggs, seeds, nut butters, and cheese, available at all meals. There will be non-dairy and gluten-free options available for those who are lactose or gluten intolerant. Tea (but not coffee), fruit, and other snacks will be provided as well.

Dana and Retreat Cost

The Buddha asked that the teaching of the Dharma be offered freely, without charge, since it is of infinite value, and beyond any price that could be put on it. The tradition of 'Dana,' or mutual giving, has supported Buddhist cultures for 2500 years. In Asia, the monks and nuns offer the teaching, and the lay people support the monastery and fill the monks' begging bowls each morning as they walk through the village on alms rounds. It is a beautiful exchange, in which the hearts of both giver and receiver are opened in joy and gratitude, and love flows between them.

In accordance with that tradition, the teachers, Susie and Erin, as well as Lisa, our cook, in the spirit of generosity, are offering their teachings, time, and service. The retreat fee just covers the retreat costs: food, retreat center donation, administration costs, and other incidental expenses. After the retreat, there is the opportunity for participants to practice generosity in offering financial support to Susie, Erin, and Lisa, in appreciation. By offering your financial support, you will help support Susie and Erin to continue living and teaching the Dharma, and Lisa to continue to support retreats. It will be warmly and gratefully received.

Creating the Retreat Container

Precepts

We will undertake to follow the five traditional lay precepts of non-harming during our time together, forming a reliable basis for mutual trust in our little community. These precepts are to remind us of our natural behavior when we are resting in our true nature.

1. To refrain from killing and from other actions that harm oneself or others.
2. To refrain from stealing, from taking anything that is not freely given.
3. To refrain from sexual activity during the retreat.
4. To refrain from lying and from harsh, abusive, or damaging speech, or from unnecessarily breaking silence.
5. To refrain from consuming alcohol, illegal drugs, or other intoxicants that will unnecessarily cloud our awareness during the retreat (prescription medication that you need to regularly take is excepted; retreat is not a good time to alter these medications).

Noble Silence

Meditation retreats are traditionally silent. The teachers and cook will emphasize silence, both to deepen our practice and as a refuge. All yogis will have the opportunity for interviews individually or as a group with Susie and/or Erin. There will be a message board if you need to communicate with Susie or Erin at any time. To help maintain silence and to support your own and others' practice, please leave all buzzers, cell-phones, alarms, ipods, etc. in the car or at home. If there are issues concerning a yogi job or personal needs, these questions should be directed to the teachers.

Work Meditation

This is our opportunity to both integrate our practice and to serve the community – our Sangha. Each person will be asked to participate in a daily ritual of either meal prep, clean-up, firewood, fire tending, bell ringing, or other shared needs. Participants will sign up for these work meditations (aka yogi jobs) when we arrive at the retreat location. Noble silence will be expected during work meditations as well, except for absolutely necessary instructions.

Retreat Details

Directions to Garberville and Shelter Cove

If you are coming from out of state, we recommend you fly into one of the Bay Area airports, rent a car and drive up from there. There will be a contact list and opportunities for carpooling. From the Bay Area, take Highway 101 north (202 miles). Take exit 639A toward Garberville (Garberville is 0.2 miles off of Hwy 101). To get to Shelter Cove from Garberville, go north on Redwood Dr. for 2.8 miles. Turn left on Briceland Rd/Briceland Thorn Rd. toward Shelter Cove and go 12.1 miles to Shelter Cove. Here is a link in google maps link with exact directions. If it doesn't work, enter Garberville, CA to Shelter Cove, CA and it will bring up directions.

<https://tinyurl.com/y82fydsk>

Arrival – Thursday May 30th

(on your own), Meeting Friday, May 31st at 7:30 AM

We will plan on meeting in Shelter Cove the morning of Friday, May 31st, at 7:30 a.m. There are hotels in Garberville, Redway, and Shelter Cove for the night of the 5th. There is a campground in Shelter Cove and quiet BLM campgrounds 2 miles south of the Shelter Cove Road on Chemise Mountain Road (very close to Shelter Cove). Shelter Cove is approximately 45 minutes from Garberville. We will give you an exact location of where to meet prior to the retreat. When we meet in the morning, please be ready to hike with your day pack (see list below) and have your other pack with the heavier things ready to give to the pilot. The hike will take us the entire day since we will be stopping often for breaks and for our process of descending into the depths of retreat. The hike is on sand, pebbles, and boulders; it can be rugged, and where it is sand, the firmness depends on the tides. The coast changes constantly so it is impossible to predict the exact surface or difficulty of the walk. Be prepared for a range of conditions. It is 9 miles in length.

Departure – Saturday June 8th

The retreat will be completed with a hike back out along the beach, with lunch along the way (provided), and we will be back to Shelter Cove before 3:00 PM. Dinner that evening is on your own.

What to Bring

DAY HIKE

You will carry a day pack for the 9-mile hike. This pack should weigh no more than 25 pounds, or whatever is appropriate for you to carry with ease.

- Lunch for the first day to eat on the hike in.
- the capability to carry two quarts of water for the hike in and out.
- layered clothing for walking (the hike will vary in temperature from the early part of the day to the afternoon). We also suggest a layer for sun protection.
- sun hat.

- good raingear - tops and bottoms (we have had hikes where this was very important!).
- sunglasses.
- sunscreen.
- good hiking shoes (can be light-weight hiking boots or other walking shoes for sand and rocks- sturdy enough for hiking with your backpack).
- rain cover for backpack or plastic bags for gear – this is a must!
- walking poles if you normally use them for hiking (not suggested if you are not used to them).
- we will stop to sit for short periods during the hike. Consider bringing a small item to sit on that you can access easily. A therma-rest or crazy creek chair highly recommended.

ITEMS FOR THE PLANE

Please pack the remainder of your items in a duffel or backpack. We will send out guidance about packing as the retreat date approaches. Please know that the plane is small and in the event of bad weather all gear may need to be carried out or flown out at a later date and mailed to you at your expense, so do your best to keep your total gear minimal and lightweight! Soap, buckets and a clothes-line will be available for hand-washing clothes.

- tent if you want to camp—it should be good in wind!
- sleeping pad—some are provided, though you may wish to bring your own
- journal (optional)
- watch—not your cell phone, which is best left in the car—for use on longer free periods
- flashlight or headlamp
- lightweight, comfortable shoes for around the homestead and for walking meditation
- Whatever you will need to sit and meditate comfortably--a cushion of some type, which could be a stuff-sack filled with clothes, blow up cushion, etc.--and a mat, pad or blanket to sit on. (A regular Zafu is heavy and not recommended.) We do recommend (see above) a crazy creek or therma-rest type chair.
- Clothing (layers, layers, layers) for walking and practicing outside (including long underwear, shorts, lightweight pants, shirt for sun protection) Keep it light--you do not need 2 weeks worth of clothes as hand-washing and a clothes line are available.
- bathing suit (optional) for hot tub use
- a small tarp and light pad large enough not only to sit on, but also to lie down on the ground
- sleeping bag, or you may rent a bag and liner for \$10
- towel
- fleece jacket
- wool hat

Poison Oak - The area within the retreat center is mowed grass, however there is occasional poison oak hidden in the grass. If you are sensitive to poison oak, please plan

on wearing closed toe shoes at all times. Outside the center, there is lots of poison oak and care should be exercised at all times.

Emergency Contact

Since we will be in silence and in the backcountry, we will not be in phone contact with the outside world during the retreat. There is an emergency phone at the site, which will be turned off during the retreat, and used only for true emergencies. In special situations (ill family members in particular), there will be a number at which to leave messages and they will be checked periodically during the retreat.

Registration

Please register online at www.desertharma.org. Be sure to complete the Registration Form. This form includes, medical and practice questions, and a release form. A \$150 non-refundable deposit is required to reserve your place until March 1st (90 days before the trip). You can pay the deposit online or mail a check. If you are paying more than the deposit (or when you are paying your balance) we ask that you please send a check. Make checks payable Sky Mind Retreats and send them to Quilley Powers at 1821 Fifth Avenue D151, San Rafael, CA 94901. (Using the online system to pay more than the \$150 deposit is an option, but we ask that you add 3% to cover the fees.)

Reservations are confirmed on a first-come, first-served basis. Please fill out a separate series of forms for each person. If the retreat is full, you'll be placed on a wait list. If that happens, don't be disheartened, as there will probably be cancellations. No payment (other than the required deposit) is necessary for those on the wait list.

Quilley Powers (quilley@yahoo.com) is your point of contact for all retreat and registration questions. Please check the website and this document to look for your answer first.

Payment Information

The deposit is non-refundable. The full payment of \$480-\$600 is due by March 1st (or at the time of registration if registering after March 1st.) The reimbursement terms are listed in the Refund and Cancellation Policy detailed below.

If you apply after March 1st, please include full payment with your registration.

This is a private trip, with no commercial outfit running the trip or profiting from it. Any surplus from the trip balance will go to Sky Mind Retreats, a non-profit 501(c)3, in support of the Dharma. Shortfall will be covered by SMR.

Scholarships are available. We would like you to apply if you need support. Please write a short letter describing your situation and how much assistance you need. Please address your letter to Sky Mind Retreats. Please include this with your registration and a \$150 deposit. If we cannot meet your needs, the deposit is refundable. Scholarship money is for direct retreat costs; if you would like to offer Dana to the teachers and cook, please consider it in your budget.

Refund and Cancellation Policy

If SMR finds it necessary to cancel a trip due to under-enrollment or other unexpected conditions, your deposit and any payments on the balance of the fee will be returned.

This retreat tends to fill and we often have a waitlist. In order to respect those on the waitlist and to encourage timely cancellations, we have the following cancellation policy:

1. Cancellations received 90 days or more before departure: full refund less \$150 deposit.
2. 90 - 45 days before departure: We will refund all but 50% of the base fee (\$240).
3. 45 – 20 days: We will refund all but 75% of the base fee (\$120).
4. 20 days or less before retreat start, we will not be able to offer a refund.
5. **A full refund** will be made if you cancel from the wait list.