



## Preparing for Retreats at St. Dorothy's Rest

This information is designed to help you prepare to attend sesshin and retreats with PZI at St. Dorothy's Rest in Sonoma County. Please check the programs section of the PZI website ([www.pacificzen.org](http://www.pacificzen.org)) for additional information about what to expect once you arrive.

### **Coming & Going:**

Retreats at St. Dorothy's usually begin at around 7pm of opening night. We suggest you arrive early to allow time to set up your room and get oriented. Dinner is not provided on the first night, so give yourself enough time to get dinner at one of the several restaurants a few miles away in Occidental. There are also a couple of delis for sandwiches if that's your preference. If you'd like to come early to help set up, that is always appreciated.

The retreat isn't over until we've restored St. Dorothy's to the condition in which we found it. Your participation in this final part of the retreat is important and is deeply appreciated. Please plan to stay until mid-afternoon to help with clean up. Our last meal together is lunch on the final day.

### **Telephone Number (for emergencies only): 707.874.9907**

There is only one available pay phone at St. Dorothy's Rest. The phone is located in the lobby just off the meditation hall. Outgoing calls may be made during breaks; incoming calls should be limited to emergencies only.

### **What to Bring:**

- \*Zafu & zabuton (we have some extras; if you're travelling by plane you needn't bring yours)
- \*Personal toiletries, including bathtowel & washcloth (consider earplugs & insect repellent)
- \*Sleeping bag or sheets and pillowcase (pillows and blankets are provided).
- \*Comfortable, loose, plain colored layers of clothing. It can be cold in the morning no matter what the season. Please avoid wearing scents or beeping machines.
- \*Outdoor clothing and raingear, including walking shoes.
- \*Slip-on shoes are convenient for going in and out of the hall.
- \*A Flashlight for walking about at night and in case of power outage.
- \*A teacup to use in the meditation hall.
- \*If the registrar has informed you we will be eating Oryoki style, then bring an Oryoki set (information available from registrar if relevant).
- \*In summer the swimming pool is open, so bring your swimsuit!

### **Meals:**

The food is vegetarian. If you have dietary restrictions, please let the PZI registrar know.