

A Women's Retreat: Gratitude, Grief and Grace in the Face of Global Suffering

w/ Jean Leonard, Sarah Heffron, and Katherine Harrell (Manager)

Retreat Information Sheet

We are delighted you will be joining us for retreat. This document hopefully will answer all the questions you may have about retreat details and logistics.

Retreat Teaching & Support Team

- Jean Leonard – jeanleonardphd@gmail.com, 303-868-5881
- Sarah Heffron – sarah_heffron@mac.com, 435-260-7271
- Katherine Harrell - kaharrell08@gmail.com, 214-683-7035

Dates and Times

- Tuesday September 17 – Sunday September 22, 2022
- Check in and registration will be between 4:00 pm and 5:00 pm on Tuesday. You will not be able to enter the lodge before 4 pm – this is to allow our onsite manager, Joel, time to complete the tasks needed between retreats to prepare the lodge for our arrival.
- The retreat will end by 1 pm on Sunday. Supper on the first night and breakfast and lunch on the final day are included.

Location and Directions

The retreat is being held at the Rocky Mountain Ecodharma Retreat Center (RMERC), 8941 Overland Rd., Ward, CO. It is about ¾ of a mile east of the Peak-to-Peak highway and ~7 miles west of Jamestown, CO. We will send detailed directions as the time gets closer.

Here's a Google Maps [Link](#).

Transportation

There is no public transportation available that takes you anywhere near RMERC. Participants are responsible for arranging their own transportation. However, every attempt will be made to arrange carpools to minimize our collective impact on the environment. Katherine will be helping coordinate carpools closer to the date of the retreat. If you are needing a ride, or able to offer a ride, please contact Katherine.

If you are flying to/from Denver airport to attend the retreat, the airport is ~ 2 hours away. Please consider that when booking your flights, so you won't arrive late or have to leave early.

Yogi Jobs

One of the ways that the prices for retreats are kept low is asking all participants to support our retreat through a yogi job, typically for an hour/day (e.g. housekeeping, prepping meals, washing dishes). This is a wonderful extension of our mindfulness practice into daily life activities.

What to Bring

The most important thing you can bring is a flexible attitude, ready to accept and adjust cheerfully to the surprises that weather and circumstances may present. It helps a lot, too, if your clothing and equipment are suitable. If you are unsure what to take with you, ask us. If in doubt, bring it, as there is no place to purchase gear nearby

For Everyone:

- Water bottles: One or Two 1 liter.
- Insulated coffee/tea mug with lid (optional)
- Sunscreen and lip balm/sunscreen
- Hat (wide brim, for the sun)
- Sunglasses
- Slippers for indoors, shoes are not allowed in the lodge
- Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Underwear
- T-shirts or shirts: soft cotton, long or short sleeve
- Warm underlayer, shirts and pants, warm-when-wet fabric such as smartwool or capilene, etc.
- Parka: waterproof and windproof shell jacket
- Rain pants
- Warm layer for under the parka, such as a fleece jacket
- Hiking shoes or light boots, broken-in before the retreat
- Comfortable shoes for hikes and short walks
- Hiking Socks: 3-4 pair synthetic or wool
- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- Small tupperware-type container(s) with a tight lid for packing lunches (we will have some extras available for those traveling from afar)
- Plastic knife, fork, spoon for trail lunches
- Daypack or large waist pack
- Insect repellent
- Mosquito head net
- Watch (or a small clock, so you can be free from your phone and can keep time)
- Emergency whistle
- Small amount of snacks and drink mixes
- Notebook and Pen
- Toiletries, sunscreen, etc: biodegradable and **scent-free** please (we do have unscented soap, shampoo and conditioner in the bathrooms at the lodge)
- Medication(s)
- Personal first-aid needs (the center has a shared first aid kit)
- Scissors/nail cutter/nail file
- Headlamp/flashlight (plus batteries)
- Extra Blankets/sleeping bag. Two sheets, a blanket, a pillowcase, and a bath towel

- are supplied for each lodge guest. Nights at 8500 feet can be chilly. Be prepared.
- Meditation supplies: RMERC has zafus, zabutons and chairs available. Please feel free to bring your own cushions and other props that support you in your practice.
 - A blanket or shawl for the meditation hall – nights can be chilly up in the mountains.
 - Yoga mat (optional): Some mats will be available, but if you have one and want to practice movement, please bring it.
 - Umbrella (optional)
 - Checks or Cash for offering generosity (Dana) to Teachers and Retreat Manager

For Camping Lodgers:

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net
- Consider a one-gallon empty water jug – this will allow you to have plenty of water at your tent.
- Flashlight and/or lantern – to navigate safely to your tent after dark.

What not to bring: Cell phones, pagers, watches that "bing", lap top computers, etc. This is a precious opportunity to unplug and to connect with yourself and nature.

Food

Three simple vegetarian meals will be served every day. Options for people who are vegan or require a gluten-free diet will be offered. Food will be labeled so that those with allergies can take care of themselves.

Participants may not cook their own food. You may bring a small amount of snacks or drink mixes, but please note there is limited refrigeration and cupboard space available for participants to store their own food.

Waivers and Documents

All participants must sign a Waiver and Release for their program, and submit covid documentation as described in the RMERC Covid Policy (see above). [Click here to sign the Waiver and Release.](#)

Health Issues

Retreat life is physically and mentally demanding. If you have physical or mental health issues that may make it difficult for you to participate fully in the retreat make sure you consult with your doctor(s) before coming, and that you continue to take any prescribed medication. Also please let us know about these issues before the retreat starts. In general, part of retreat life is being extra careful with your own personal hygiene; always washing your hands after using the washroom, using the hand sanitizer provided before you eat a meal, and always covering your mouth/nose if you cough or sneeze. RMERC is located 8500 feet above sea level. It is important

that you pay extra attention to keeping hydrated and that you protect your skin from the sun.

RMERC Infectious Disease Policy

At this time, RMERC does not require covid vaccinations, testing, or masks. We do however, have practices in place to minimize risk and ask you to take the following steps to help to create a retreat environment in which participants feel safe, relaxed, and at ease. Details of our policies are below.

Pre-Retreat: To ensure everyone's safety, we ask that you wear an N95 mask during travel, especially during air travel and in public spaces, regardless of government or health guidelines. Please be vigilant in staying healthy during the 10 days leading up to your retreat.

Infectious Disease Symptoms: If you are experiencing symptoms prior to or during your retreat, please consider the welfare of others in your decision to attend the retreat. RMERC leaves it to the leader's and the residential manager's discretion to ask people to leave if symptoms and the situation warrants. Please get in touch with your retreat contact person if you are showing any symptoms before the retreat. If someone gets sick or needs to be quarantined, we are not able to do that at RMERC, especially as our altitude is not conducive for healing respiratory illness.

Lodging Concerns: HEPA air purifiers will be available for use in all shared double rooms in the RMERC lodge. Anyone is welcome to wear a mask at RMERC at any time.

RMERC reserves the right to modify this infectious disease policy at any time, to respond to changes in public health conditions or guidelines. All infectious disease policies are subject to change at any time.

Phones and Emergency Contact

Cell phone service at RMERC is extremely spotty, so please do not expect that your cell phone will work if you have plans to call someone just before the retreat starts or right after it ends. There is land-line at the lodge which is for emergency use only, 303-459-1012. If you give this number to family/loved ones make sure they understand what "emergency" means.

The Tradition of Dana

The teachings of the Buddha have been sustained by the 2,600-year old tradition of *dana* – a Pali word from the language of the time of the Buddha meaning "generosity." Registration fees cover food, facilities and other retreat expenses. None of these funds goes directly to the teachers or retreat manager. The spirit of reciprocity expressed through the gift of generosity from students/yogis allows teachers and managers to continue to share and serve the Dharma. There will be an opportunity to offer dana/generosity at the end of the retreat in support of the teachers and the manager (cash, check, or Paypal). You can read more about dana [here](#).

We look forward to gathering on the land with you soon.