



Dear Renewal Retreat Participants,

On behalf of Kushok Lobsang Dhamchoe and Gaden Samten Ling, we would like to thank you for registering for our inaugural 2023 Renewal Retreat!

Since 2015, we have held one-day retreats at the beautiful Providence Renewal Centre in Edmonton, Alberta, on an annual basis. We are so pleased to expand this offering into a three-day weekend retreat; one that we hope to continue on an annual basis.

We're delighted to share that we have over 30 people joining us for our first Renewal Retreat! We look forward to sharing a beautiful weekend of Meditation, Dharma Teachings, Yoga, and Community with all of you.

Please read this email in full, as it contains important information intended to assist you in packing and preparing for a wonderful retreat experience.

Quick List of Items to Bring

Recommended:

- Meditation cushion or pillow
- Shawl/wrap/blanket
- Yoga mat
- Water bottle
- Notebook/journal and pens
- Walking shoes
- Toiletries
- Weather-appropriate clothing

Optional:

- Yoga props (not required for class, but if you prefer to use them, feel free to bring them)

- Prayer book
- Mala
- Khata
- The book, *Nagarjuna's Letter to a Friend: With Commentary by Kangyur Rinpoche* (handouts will be provided if you don't own the book)
- Cash (Kushok's store is cash only)

Items for Meditation and Teaching Sessions

Providence Renewal Centre has chairs available for participants who prefer not to sit on the floor. For those more comfortable on a meditation cushion, please plan to bring your own. The floors of the meditation room are carpeted, but you may also wish to bring a zabuton or blanket to put under the cushion for your own comfort. You may also wish to bring a blanket or shawl, personal water bottle, notebook and pen.

Our Dharma Workshop will be based on the book, *Nagarjuna's Letter to a Friend*. We will be providing handouts, but you are encouraged to bring a personal copy if you already have one. We will also have some available for sale at the retreat.

[Click here to view this book on Amazon.](#)

Dharma Items

You may wish to bring your own personal prayer book, mala, and/or khata. You may also wish to bring a personal offering for our Teacher, Kushok Lobsang Dhamchoe.

Items for Yoga Sessions

Our Yoga classes will be shared in a supportive way that is inclusive of those attending their very first class to seasoned practitioners. Our morning classes will be Gentle Flow Yoga, and our evening classes will be Yin Yoga. Please wear comfortable clothing that you can move freely in.

Personal Items and Clothing

Please pay attention to local forecasts for predicted temperatures and weather conditions, and dress/ pack accordingly. It is Summertime in Alberta, but as you may be aware, any weather is possible!

Participants are encouraged to dress for comfort and modesty. Please be prepared to move (briefly) outdoors between buildings throughout the day. You may wish to bring a meditation shawl and/or dress in layers as the temperature may vary across buildings/rooms. Indoor shoes or slippers may offer an additional level of personal comfort. Please bring all of your own toiletries. Towels and bedding are provided. In terms of electronics, depending on your carrier, you should have access to cell service. Wi-Fi is available at the retreat centre.

Gift and GSL Bookstore

Participants will be able to browse tables filled with unique gift and dharma items hand selected by Kushok. These items are available for purchase with cash only. There will also be a selection of dharma books for sale (cash or credit card). Please note that there is no ATM on site.

Arrival, Departure, and Retreat Schedule

Providence Renewal Centre is located at 3005 119 Street NW, in Edmonton, AB.

Please plan to arrive between 4:00 and 5:00 PM on Friday, July 21, 2023. Dinner will begin at 5:30 PM and our Opening Circle Ceremony and Orientation will take place at 7:00 PM.

On the last day of the retreat, we will have a Closing Circle and Gratitude Ceremony at 2:45 PM on Sunday, July 23, 2023. Departure is after the Ceremony. Please consider helping us with tear down and packing, if you are able - any and all help will be greatly appreciated!

Please stay tuned for additional emails with more detailed information regarding travel, directions, and the retreat schedule.

If you have any questions, please feel free to contact Timmie directly at timmie.horvath@gsl-ab.ca.

We wish you safe travels and look forward to welcoming you to the 2023 Renewal Retreat on Friday, July 21, 2023!

Warmly,

Office Team

On behalf of the 2023 Renewal Retreat Committee

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