

MANI RETREAT

with Lama Zopa Rinpoche

5 May to 6 June 2009

FEES AND ACCOMMODATION

French law is more and more strict about security which somewhat limits the accommodation that we can offer you in the château.

The rooms : *as of October 31st 2008, all rooms have now been reserved*

Dormitories : we will have a number of dormitories organised in the château or on the site. A dormitory will be reserved for the nuns (the monks being lodged at Nalanda Monastery). Women's and men's dormitories for long periods (with 8 to 10 beds). Women's and men's dormitories of greater capacity, perhaps under canvas but with mattresses for shorter stays. If you would like to share a room or dormitory with someone you know, please organize it at the same time as your reservation, letting us know as quickly as possible ! We still haven't found a magical remedy for snorers... just to try and get them in the same bedroom for a stereo effect, or advising room sharers to practice single-minded concentration, patience, generosity, letting go or, still, the use of ear plugs. Thank you for letting us know in advance if you have a habit of snoring; we can always find a solution.

Camping : camping is the most economical accommodation and guarantees a minimum of privacy. Please note that we cannot lend bedsheets to campers, bring your own complete set. Please call in at the reception as soon as you arrive, we'll help you find a spot for your tent, caravan or camping-car depending on other arrivals. For caravans and camping-cars, please note that there will be no electricity connection.

Retreat participation fees

(travel expenses, offerings, chapiteau/tent, prayer books...)

Entire retreat 200€

7 day retreat 60€

Day retreat 15€

(No retreat participation fees for the sangha)

Accommodation fees

Fixed prices include the night and lunch. For those not taking precepts breakfast (4€) and a light dinner (5€) will be available (to be reserved and paid for on the spot).

(- 50% in dormitory and camping for the sangha)

	Entire retreat 5 May to 6 June after lunch	Fixed price 7 day retreat 7 nights + 7 lunches	Fixed price 1 day +. 1 night + 1 lunch
Dormitory	440€	140€	20€
Camping	330€	100€	14€

Member's card obligatory for accommodation whatever the length of stay : **25€**

For those not staying at the Institute it will be possible to order meals in advance at the following tariffs:

Breakfast 4€

Lunch 8€

Light dinner 5€

Fixed price retreat and lunch: 250€

Meals

Meals will be available for all participants, whether they are staying at the Institute or not. They'll be served at a fixed time that we will determine depending on the retreat programme and to stay in accordance with the mahayana precepts that a large number of retreatants will surely decide to take during their stay.

The fixed price retreat fees include a night and a lunch.

Dinners should be registered no later than 14h00. Dated 5€dinner tickets will be on sale at the reception. You can buy them in advance if you know you won't be taking precepts every day.

We serve a homely vegetarian cuisine. It will be difficult to take into account all the special diets but, every day, there will be steamed vegetables, green salads and non-gluten cereals in case the menu of the day is not suitable for your needs.

Please let us know on your registration forms what your needs are. We'll try to deal with all your requests if we're told from the beginning. Please do not address your needs directly to the kitchen staff but instead, go to speak with the person at reception.

Sangha

Institut Vajra Yogini and IMI (International Mahayana Institute, the organization of FPMT monks and nuns) wish to sponsor all Sangha members for their retreat fees and for all their accommodation and meals fees if they stay in dormitory or camping.

Please tick in the appropriate spot in the registration form.

A small part of the accommodation can be sponsored for monks and nuns wishing to stay in double or triple rooms if there is still space available. Please contact us for more details at institut.vajra.yogini@wanadoo.fr.

If you wish to help IMI and Institut Vajra Yogini to sponsor all monks and nuns, please specify in the registration form the amount you are willing to donate. All donations, big or small are wellcome.