

Pointers

Sunday, July 9 – Sunday, July 16, 2017



Dear Friends,

We would like to provide a few pointers to enable you to fully participate in all the activities offered at the "See God in Each Other" Youth Retreat.

▶ Please remember to bring the following items (or at least the ones you have):

- chanting book
- notebook
- pen/pencil
- flashlight
- umbrella
- tennis shoes
- hat
- sports items
- toiletries
- towel
- shawl
- kurta and dhoti or lungi for boys
- punjabi or sari for girls
- bikes

- ▶ We sincerely request you to please refrain from bringing any electronic items that could be damaged, stolen, lost, and/or are potential sources of distraction, such as iPhones, laptops, videogames, cell phones, iPods, etc.
- ▶ We want everyone to fully immerse themselves in the Ashram environment and discipline so all such distracting items will be set aside for you until the end of the retreat.
- ▶ Note that the official welcome and orientation for the retreat will be on Sunday, July 9, 8:00pm (following Arati and dinner).
- ▶ Register with Nityeshwari at reception upon arrival.

We look forward to your company during the retreat.

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(off Route 208 between Walden and the
village of Wallkill), Walden, NY 12586
Call (845) 778-1008 or write to Vivek Desai
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for more information about the retreat.
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