

## ***Important Information about Lama Zopa's teachings at Chenrezig Institute***

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**We're so excited you're joining us  
for these wonderful events  
with Lama Zopa Rinpoche  
at Chenrezig Institute!**

**As the event draws closer we wanted to reach out with important information to help you make the most of this amazing experience with Rinpoche. Hopefully, this email will contain everything you need but if not please don't hesitate to contact us, so we can make your stay with us enjoyable.**

### **Arrival on Friday 1st of June - Gates open at 2:00 pm**

Chenrezig Institute will be open to ticket holders only today, so it's important that we can identify you. Please bring along a copy of your receipt and photo identification. Each person will be matched to a ticket - so if you've bought tickets for your friends please contact us with their names so that we can get them into our booking system.

### **Parking**

Our friendly welcome team will be meeting you as you enter the property. We'll be checking your tickets and taking note of your vehicle registration. Please follow the instructions as to where to park so that we can ensure everyone's safety. Once you are parked you will not be able to move your vehicle until the conclusion of teachings on Tuesday. We strongly encourage guests to travel together and carpool where possible. Please drive slowly and carefully across our property.

### **Disability Parking and Access**

Limited parking will be available for those with a Disability permit. If this applies to you, [please contact](#) us as soon as possible so that we can make arrangements with you.

### **Shuttle Service**

There will be no vehicle access to the hill area of the property. To assist everyone with the registration we have organized a shuttle service that will collect guests from the car parks and take them to the registration area at the top of the hill. Please give priority to guests who are less mobile.

### **Registration, Wristbands and Gift Bags Open from 2:30 pm**

After parking please proceed to the registration area where our team will assist you with a wristband and gift bag - including important materials for the events. All participants will need to be wearing their wristbands to enter the Gompa and to collect meals.

### **Supper Service**

Supper will be provided in two locations, the Big Love Cafe and Marquee opposite from 5:30 pm to 6:30 pm. Guests are asked to clearly display their wristbands to assist staff and volunteers. A bell will be rung to announce that supper is ready. Assistance with returning plates, cutlery etc to the washing up stations would be greatly appreciated.

### **Access to the Gompa Friday 1st June from 6:30 pm**

The Gompa will be open to ticket holders from 6:30 pm. You will need your wristband for entry. There will be reserved seating for Sangha at the front of the hall. Please

take your seats and keep exits and entryways clear and follow the directions of our staff and volunteers. They are there to guide and support you.

Disability support will be provided with a shuttle service from the cafe to the back of the gompa. [Please contact](#) us if you require this support so we can make arrangements with you.

### **After the Teaching**

Guests are welcome to take their time and enjoy a cup of tea in our cafe. There will be a number of guests leaving the property so please be mindful of cars particularly when walking across roads and in carparks. There will be a shuttle service from the back of the Gompa available.

### **Most Secret Hayagriva Initiation Saturday 2nd to Monday 4th June**

#### **Breakfast Service 7:00 am to 8:00 am**

Breakfast will be provided in two locations, the Big Love Cafe and Marquee opposite from 7 am to 8 am. Guests are asked to clearly display their wristbands to assist staff and volunteers. A bell will be rung to announce that Breakfast is ready. Assistance with returning plates, cutlery etc to the washing up stations would be greatly appreciated.

#### **New Arrivals**

Today there will be some new arrivals on the property as additional students join us for the Most Secret Hayagriva retreat. Please be aware that housekeeping may need to visit your room to change linen etc in preparation for new guests.

#### **Morning Teaching with Geshe Tsultrim and Venerable Kartson 10:30 am to 12 noon Saturday to Monday**

During the retreat Geshe Tsultrim and his translator Venerable Kartson will be providing tutorials to assist us to best prepare for Rinpoches teaching and empowerment. Please join us in the Gompa from 10:30 am to 12 noon each day and be sure to bring your questions.

#### **Lunch Service 12 noon to 2:00 pm**

Lunch will be provided in two locations, the Big Love Cafe and Marquee opposite from 12 noon to 2:00 pm. Guests are asked to clearly display their wristbands to assist staff and volunteers. A bell will be rung to announce that Lunch is ready. Assistance with returning plates, cutlery etc to the washing up stations would be greatly appreciated.

### **No Access to Gompa between 12 noon and 5:30 pm**

The Gompa will be closed during this period each day so it's a great opportunity to rest or explore Chenrezig Institute.

**Shop:** Open Friday 1st June 2:30 pm to 6 pm, Saturday to Monday 12:30 pm to 5:30 pm, Tuesday 8:30 am to 1:30 pm

**Library:** Open 1:00 pm to 4:30 pm Saturday through Monday and 9:30 am to 12 noon on Tuesday.

**Tara Room:** Open for silent meditation daily during daylight hours

**Art Studio:** Open 10:00 am to 4:00 pm Saturday and Sunday

**Garden of Enlightenment:** Open each day during daylight hours

### **Supper Service**

Supper will be provided in two locations, the Big Love Cafe and Marquee opposite from 5:30 pm to 6:30 pm. Guests are asked to clearly display their wristbands to assist staff and volunteers. A bell will be rung to announce that supper is ready. Assistance with returning plates, cutlery etc to the washing up stations would be greatly appreciated.

### **Evening Teachings start at approximately 7:00 pm**

Evening teachings are expected to start approximately at 7:00 pm with the Gompa opening at approximately 6:30 pm. Please note that Rinpoche's timetable can be unpredictable and changeable. We will set up an alert system to keep you in the loop with events but recommend that you stay in the close vicinity of the Gompa.

### **After the Teaching**

Guests are welcome to take their time and enjoy a cup of tea or warm snack in our cafe. There will be a number of guests leaving the property so please be mindful of cars particularly when walking across roads and in car parks.

### **Tuesday Morning Big Breakfast 8:00 am to 9:00 am**

At the conclusion of the teachings on Tuesday, a warm breakfast will be served in the in two locations, the Big Love Cafe and Marquee opposite from 8:00 am to 9:00 am. Guests are asked to clearly display their wristbands to assist staff and volunteers. A bell will be rung to announce that Breakfast is ready. Please enjoy this wonderful opportunity to connect with your fellow students before heading home.

### **Important things to know about Chenrezig Institute and your visit**

Go Slow! Chenrezig Institute is a large beautiful rainforest property on a hillside. There are dirt roads, steps, and steep paths. Please be mindful as you travel around the property and leave yourself time to conquer our hill.

## **Friendly Animals**

We have abundant wildlife and some rare and endangered plants across our property. Most of our wildlife are very friendly so you can expect that bush turkeys and possums will confidently approach you to see if you would like to feed them. Please don't feed them - our food is not good for them and as you'll see our property provides them with abundant opportunities for dining. Please make sure doors to your rooms are shut so they know to stay outside. If you have food in your room you will need to keep it in a sealed container. Unfortunately, we cannot store food for you and there will be no guest fridge available.

## **Take your Torch with you**

Most of our property is undeveloped and unlit at night. We have dirt roads and some uneven pathways. Please wear footwear with good grip and carry a torch with you at all times. Please stick to marked paths and do not wander on the property alone. It will be very difficult to find you if you become lost.

## **Bring Everything you Need**

We are approximately 30 minutes' drive from the closest small towns of Palmwoods and Mooloolah which both have small supermarkets, chemists, and doctors. There is no public transport to these locations. Please bring everything you need with you.

## **Living with Monastics and Precepts on the Hill**

We are blessed to have a monastic community here and we'll have many visiting Sangha too. We ask that all our visitors and community please assist the Sangha if requested and give them priority throughout the visit. Please dress modestly covering from neck to knees. On the hill area, we request all our guests to maintain a spiritual focus and observe the five lay precepts:

Honor all living beings: Do not kill

Speak kindly and openly: Do not Lie

Practice Giving: Do not take what isn't freely offered to you

Maintain a Spiritual Focus: No sexual contact

Stay Aware always: No intoxicants

## **Smoking Area**

Please smoke only in the designated smoking area, in the car park at the bottom of the hill.

## **What to Bring**

- Warm layers of clothing including socks for the Gomba.
- Torch
- Insect repellent

- Your Keep Cup and drink bottle to reduce waste
- Notebook and pen
- Rain gear in case of wet weather
- Your sense of humor and warm smile
- Valuables: Please keep your valuables with you throughout your stay.

### **Water and Drinking Water**

**Chenrezig Institute operates on spring and rainwater. We are not connected to a town water supply. Drinking water stations will be provided. Please bring your drink bottle and keep a cup. All water taps across the property are clearly labelled.**

### **First Aid Kits and Evacuation**

First Aid Kits are available at the cafe and reception. Please let us know about any injuries immediately so that we can appropriately assess and care for you. Our nearest hospital is approximately 40 minutes away so please be proactive if you require assistance. In the very unlikely event that we need to evacuate the property, you will be alerted by the sound of the lunch bell ringing repeatedly. If you are on the hill area, please make your way to the Prayer Wheel Lawn. Otherwise please make your way to the main car park.

### **Photos and Facebook**

You are welcome to take photos of Chenrezig Institute and log in on Facebook, however, please do not take photos inside the Gompa or of Rinpoche.

### **Questions, Concerns, and Compliments**

Please direct all questions, comments, and concerns to our friendly reception team and they will do their best to help you. This event is made possible by the efforts of our community and volunteers. Please be patient with us and enjoy this opportunity to experience life here at Chenrezig Institute.

### **We look forward to welcoming you**