



# Living Discipleship

## A Pilgrimage to the Heart of Joy

### Program Coordinators:

Nayaswami Maria  
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### Housing, Registration and Fees:

Ananda Meditation Retreat  
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## PROGRAM POLICIES, HOUSING & COSTS

### To Begin Application Process

Contact your local Ananda Minister or the Program Coordinators in order to understand the requirements for participation and to begin the application process.

### Deposit

A minimum deposit of \$350 is required to secure your place in the program once you have been approved by the Program Coordinators.

### Refundability of Deposit

The deposit, less a \$75 administrative fee, is refundable if cancellation is made at least 8 weeks prior to the start of the selected program. A cancellation made less than 8 weeks will result in the forfeiture of the full deposit.

### Transfer of Deposit

The deposit, less a \$75 administrative fee, is transferable to another program if cancellation is made at least 8 weeks prior to the start of the selected program. A transfer request made less than 8 weeks will result in the forfeiture of the full deposit.

### Minimum Number of Participants

Due to the sheer amount of human resources it takes to offer Living Discipleship, in addition to the costs of conducting the program, a minimum number of 8 participants is required to run the program.

### Cancellation of Program

A program will be canceled 8 weeks prior to the scheduled start if the minimum number of 8 participants has not been reached. Should this occur, a full refund will be made to all those who applied and submitted their deposit. Should the minimum number drop below 8 after the 8-week mark, the program will still commence with the lower number of participants.

### Travel Plans

- Due to the cancellation policy it is recommended that you wait to book any flights or travel arrangements until 8 weeks prior to your program.
- The physical address of the Meditation Retreat (*do not send mail here*):  
18443 Macnab Cypress Rd  
Nevada City, CA 95959

- If you are flying, please be aware that the closest airport to the Meditation Retreat is Sacramento Airport, which is approximately 2 hours away. You will need to coordinate your own ride from the airport to the Meditation Retreat. Often people choose to get a taxi, which could cost between \$70-150 typically, depending on who you call.
- The program begins in the late afternoon of the first day. Plan your arrival to the Meditation Retreat for 3:00 p.m. and no later than 4:00 p.m.
- The program ends after lunch on the last day of the program. Please do not plan to depart the Meditation Retreat before 1:15 p.m.
- If you have the flexibility to arrive a couple of days early or to stay a couple of days after the program, please consider doing so. These transitional days can make the experience even deeper and more easeful. Please make these arrangements directly with the Meditation Retreat.

### **Payments**

Payments are allowed by Credit Card or Check. Most major credit cards are accepted. All payments are made directly to the Ananda Meditation Retreat.

### **Final Payment**

Payment in full is due two weeks prior to the program.

### **A Technology-Free Experience**

Living Discipleship is a technology-free experience, meaning that participants are asked to refrain from the use of technology (computers, tablets, mobile phones, etc.) for the duration of the program. The habits of texting, reading news, engaging in social media, etc. can be serious distractions — mentally and spiritually. They can keep participants from being fully present. The more you can let go of the outer world during your time in Living Discipleship, the greater the spiritual reward.

Leaving your devices at home is the easiest approach, but we recognize that is not always practical or feasible. We also recognize that it is important to stay in touch with family and loved ones during a prolonged absence. With that in mind, any devices that a Living Discipleship participant brings will be stored safely for you for the duration of the program. Your devices will be available for use on Sundays to connect with loved ones, and returned at the conclusion of the program.

In case of emergency, program participants can be reached 24 hours a day. An emergency contact number will be provided to you prior to the start of the program.

## LIVING DISCIPLESHIP COSTS

The costs are three-fold for the program, and an estimate is outlined here, with details provided below. Your biggest variable in costs will be the accommodations that you choose.

### Cost Estimation

<i>Program Fee</i>	\$1,200
<i>Housing Fee (\$28 – \$95/night)</i>	*\$1,344
<i>Meals Fee</i>	\$800
<b>Estimate Total Cost</b>	<b>\$3,344</b>

*\*Estimate based on “Private Basic” lodging (most commonly chosen) for duration of program (i.e. 24 nights).*

### Program \$1200

The \$1200 Program Fee covers all of the guided experiences, classes and satsangs, program-specific special events including experiences at Crystal Hermitage, special “away meals”, and all instructional and personal supplies (creative materials, journal, etc.)

A sliding scale scholarship of up to \$600 is available to eligible participants. To be eligible, one must meet *both* of the below criteria:

- A. Demonstrated financial need such as working at devotees wages for Ananda (Church, School, or other Ananda entity), or working at minimum wage.
- B. Without another source of support, income or financial cushion.

If approved for the sliding scale program fee, you are encouraged to reflect on what level would be most appropriate given your situation. The scholarship amount would be deducted from the regular \$1,200 Program Fee, making the total Program Fee between \$600-\$1,200 (please note that meals and accommodations are separate).

### Housing \$28 - \$95 per night

Shared accommodations are only an option during the first 18 nights of the program. Before considering shared accommodations, please realize that Living Discipleship is a full-participation immersion. As such, you are around your fellow gurubhais for most of the day. Having a private space to retire to at the end of the day can offer cherished solitude for reflection and inner stillness. If finances allow, private accommodations are advised.

Every program has a period of seclusion, four nights and four full days. Shared occupancy is not an option during this period of time. If you register for shared housing, you will need to move from shared occupancy to private occupancy before seclusion begins and remain there until the conclusion of the program (a total of 6 nights).

No matter what your choice of accommodations, the Ananda Meditation Retreat will be your home away from home. Visit <http://www.meditationretreat.org/accommodations-rates/> to see full descriptions of all accommodations. *Please ignore the rates on the website, as Living Discipleship has a special price package arranged with the Retreat. Program-specific rates can be found on the next page.*

Depending on your needs, there is a range of conveniences within the various housing options. You are encouraged to discuss the options with the Meditation Retreat Staff and find what will work best for you. The staff will help guide you to the right choice for you. Housing is available on a first-come, first-served basis. Early registration is therefore suggested.

<b>HOUSING OPTIONS</b>	<b>Price/night</b>
<i>Private Deluxe Cabin</i> (Devotion, Kindness, Generosity, Krishna and Peace of Mind Cabins)	\$95
<i>Shared Deluxe Cabin</i> (Devotion, Kindness, Generosity, Krishna, Peace of Mind Cabins. Only available as shared during the first 18 days of program)	\$58
<i>Private Standard Lodging</i> (Renunciation Cabin)	\$83
<i>Shared Standard Lodging</i> (Renunciation Cabin – Only available as shared during the first 18 days of program)	\$52
<i>Private Basic Lodging</i> (Bungalow, Wisdom Cabin, Happiness Cabin)	\$62
<i>Shared Basic Lodging</i> (Bungalow twins – Only available as shared during the first 18 days of program)	\$42
<i>Private Basic Lodging</i> (Monkalow if available – Option for men only)	\$50
<i>Camping – Available only during July and October program</i> (tent, mattress or quality foam pad, bedding, towels and pillows)	\$25



Bungalows offer simple living with some basic creature comforts. A few are also available but for men only.



Monaklows



Deluxe Cabins have full kitchens and bathrooms (Lft. to Rt. Generosity, Devotion, and Peace of Mind)



*Happiness Lodge offers private rooms for women with shared access to a kitchenette and bathroom.*

**Meals \$800**

The fee for meals is \$800 for the 25 days of the program. You may choose to bring supplemental food items to support your choice of diet. If your housing does not have a kitchen, there is a refrigerator and shelf space available for use by participants. Should you choose to augment your meals by bringing food, the fee for meals will not change. \$800 is paid by all.

The Meditation Retreat serves three vegetarian meals a day, breakfast, lunch and dinner. During seclusion, meals may be simplified as most people intentionally consume less during this period.

### **Typical Breakfast Options:**

- Bread (gluten-free available)
- Butter, Jams, Peanut Butter
- Hard Boiled Eggs
- Oatmeal or other hot grain
- Variety of cereals and toppings (coconut, raisins, sesame seeds, sunflower seeds)
- Granola
- Yoghurt
- Milk (alternative milks available)
- Variety fresh fruit
- SPECIAL HOT BREAKFASTS
  - Scrambled eggs w/ veggies served on Wed/Sun
  - Pancakes (typically blueberry) served on Sun



Just look at the joy and the modern commercial kitchen!