



## **Retreat Information**

Thank you for enquiry about the **Reclaim Your Health Retreat** at Rivendell Buddhist Retreat Centre. We do hope you can attend. Please read this letter carefully as it outlines important practical information about the retreat and what to expect. If you have any questions not answered below please contact us on 0790 599 1098 or email [info@standingbody.com](mailto:info@standingbody.com).

## **How to Book & Cancellations**

If you wish to make a booking please complete:

- Booking Form
- Health Questionnaire

Return both by email or post to 24 Sugar Loaf Walk, London E2 0JQ. Confirmation of your place will be sent to you on receipt of both forms and full payment. If the Health Questionnaire raises concerns for us we will let you know.

Cancellations notified within 8 weeks of the event date will be refunded minus a £25 admin fee. After that time cancellations are charged at 50% of the full retreat fee.

## **Arrival/ Departure**

Please to arrive between **5-6 pm on Sunday 12th May**. The Retreat starts with a light supper at about 6.30pm. Departure is at **11am on Friday 17th May**.

Travel - Rivendell is easily accessible by car but parking is limited. Trains run from London to Uckfield from where Rivendell is a short taxi ride away. There is also a bus service to Uckfield from Brighton and Tunbridge Wells. More detailed travel information is included below.

## **Reclaim Your Health**

Reclaim Your Health is a restorative retreat which will give you the resources and information to kick-start your route to greater health.

**PLEASE NOTE** This retreat will not provide diagnosis, treatment or cure any medical condition and should not be taken as a substitute for seeking medical care through a GP, hospital, trusted therapist or functional medicine practitioner.

## **Key features of the retreat**

This is a Buddhist retreat. The bedrock of our approach is developing an embodied, reflective ability based on the Dharma. The daily programme will include Qi Gong, meditation and other

practical tools for self-care, as well as ritual and chanting to cultivate a wish for all beings to flourish.

Specific learning each day will be delivered in two seminars. Subjects to be covered will include:

1. Reflective Awareness and its Application to Health
2. Toxicity and Detoxification
3. Nutritional Guidelines & Food Preparation
4. The Mind - Gut - Planet Connection
5. Active Life versus Chronic Stress
6. Sleep and Restoration

## The ReNew Food Plan

The retreat is an opportunity for a whole system detox and reset. We have carefully structured all the aspects of food with this aim in mind. We will be following the ReNew Food Plan, created by the Institute of Functional Medicine. The ReNew Plan excludes, for a period of time, all processed foods, dairy, gluten, grain, alcohol and caffeine. This is a nutritional pathway to health especially for those who have autoimmune, gastrointestinal, neurological, and other chronic health conditions but everyone can benefit from it.

It supports healing by:

- removing common food triggers that are contributing to metabolic dysfunction and inflammation
- providing the essential nutrients for the body's detoxification systems, health and vitality
- identifying food allergies, sensitivities, intolerances and triggers.

A comprehensive guide to the ReNew Plan will be provided in your course materials. Herbal teas including green tea will be available at all times. There will also be freshly made herbal infusions for you to try. There will be plentiful food offered at breakfast and lunch.

**NB. There will be no evening meal.** Nourishing drinks will be offered at tea time. This is to assist the detox programme and is also in line with traditional Buddhist retreat practice in many countries. Please let us know in the Health Questionnaire if you think you need to have some food in the evening for medical reasons.

## Before the Retreat

To best prepare for the Renew Food Plan during the retreat, if your regular diet is high in sugar, alcohol or caffeine, **please significantly decrease or stop these 3-4 days before the retreat.** During this time you may experience some negative symptoms, usually only in the first 3-4 days, which may include headaches, brain fog, flu-like symptoms, irritability, difficulty sleeping. Doing this prior to the retreat gives you a better chance of being free of these common withdrawal symptoms while on the retreat so you can get the most value and enjoyment out of the retreat.

After this initial detox period and while on the plan, you should expect to experience improved cognition and mood, decreased pain and fatigue, improved sleep quality, and favourable changes in body weight. Tips for alleviating negative symptoms related to sugar, alcohol, caffeine detoxification include: staying well-hydrated, taking a bath with Epsom salts and lavender oil, practicing relaxation techniques such as mindful breathing or meditation, spending time in a sauna or floatation therapy tank.

We will send you a reminder about this prior to the retreat.

## **What to expect/ being on Retreat:**

A retreat, although often highly enjoyable is also not the same as a holiday or workshop. A retreat situation is a place where the boundaries are defined specifically to create a real opportunity to step outside familiar patterns and explore different ways of being. Any retreat is a structure we give ourselves to for a set period of time putting us in touch with who we really are and can clarify what we truly value. The boundaries provide an essential structure for the retreat to support meditation, reflection, community living and other Buddhist practices which makes it both a challenging as well as a hugely rewarding experience. We ask you to come being aware and willing to support the conditions of our retreats.

Therefore, please read the following before attending the retreat:

- Sleeping accommodation - The accommodation is mainly in shared single-sex rooms upstairs, usually three or four to a room. There is one downstairs shared room.
- Experience – This retreat is open to anyone regardless of level of experience with meditation. Instruction in meditation basics will be given.
- Children – Unfortunately for legal reasons, we unable to accommodate anyone under the age of 18 years old.
- Health – Booking is subject to filling out the Health Questionnaire. Any information given will not be communicated to other retreatants and is treated in the strictest confidence.
- Awareness - We ask you to refrain from smoking, alcohol, sexual activity and illicit drugs whilst on retreat. Please note that there is no wi-fi or internet access available for retreatant's use at the retreat centre. We also require you not to use mobile phones, laptops, i-pads, smart phones and MP3 players, etc. in the retreat centre or grounds during the retreat.
- Silence – much of the retreat will be in silence to aid reflection and going deeper into the retreat. There will be plenty of opportunity to speak during facilitated sessions. At any time participants are welcome to talk to the team if there is anything they need.
- Continuity – It is important that you ensure that you can attend the whole retreat from start to finish. It is disruptive to arrive late, leave early or to take excursions. For the duration of your retreat please come prepared not to use your car, if you bring one, and please stay within walking distance of the retreat centre.
- Sharing - Please inform us when you book if you are coming with a friend and wish to be accommodated in the same shared bedroom as them.
- Helping out - You will be asked to help with domestic tasks; washing up, etc. and a clear up at the end of the retreat.

## **What to Bring**

Please bring with you the following:

Towels and toiletries, comfortable warm loose clothing for meditation, slippers or indoor shoes, as well as outdoor shoes, boots or wellingtons. (Please be aware that you will be in the countryside where it is often generally cooler than in the city). Rivendell has a well-stocked bookshop of new titles, so you may like to bring cash or cheques if you wish to make a purchase.

## **Emergency contact telephone number**

If you need to give an emergency contact telephone number to friends and family, please give 01825 731 879. The answer phone on this line is situated in the actual retreat centre and is checked regularly during the day by a member of each retreat team for the duration of the retreat. Please ask that that this line is not under any circumstances used for any other purpose than to contact you in the event of a genuine emergency. To preserve the peaceful atmosphere of ongoing retreats we regret that we are not open to unannounced visitors.

## Travel Information

### Taxi

You will need to book a taxi in advance by telephone. The nearest railway stations to Rivendell, Uckfield and Buxted, do not have taxi ranks and the number of taxis available in the local area is limited. It is often impossible to get a taxi between 4pm-7pm without it having been booked the day before travelling. The cost from Uckfield or Buxted station will be approximately £8. When you book do check the price and whether the taxi driver would prefer to pick you up from Uckfield or Buxted railway station.

### Taxi Companies:

TMT 01825 764646 /Reliable Taxis 01825 764546 /R & R Taxis 01825 765885 /Jem Taxis 01825 767832 /S & R Taxis 01825 767000 /Colins Taxis 01825 764281 or 07983315511

You can also leave the train at Crowborough, 2 stops before Uckfield. The cost will also approximately be £8. Crowborough Taxis/ Crowborough Cabs 01892 665522/ Ashdown Cars 01892 655604

### Train

Train from London to Buxted or Uckfield. There is a direct hourly service from London Bridge to the nearest stations to Rivendell which are Buxted and Uckfield, (which is the last station on the line). If you are travelling from London Victoria or other stations you can also join trains for the Uckfield line at both East Croydon and Oxted. Check train times via National Rail Enquiries on 03457 484950 or at [www.nationalrail.co.uk](http://www.nationalrail.co.uk)  
Return Journey; Lifts to the station are usually available at the end of each retreat.

### Buses

From Brighton. Stagecoach service 29 for Tunbridge Wells, leaving Churchill Square. Please check times at [www.buses.co.uk](http://www.buses.co.uk) or on 01273 886200. The bus arrives at Uckfield bus station approximately 54 minutes after leaving Brighton. You will need to book a taxi to pick you up from here and complete your journey to Rivendell. (For local taxi information please see above.)

### Car

Rivendell is easily accessible by car but parking space is limited.

Directions from the Top of Chillies Lane

Continue for 2 miles down Chillies Lane. Rivendell is on the left after a left hand bend in the road - look for the white 'Rivendell' signs. Holy Trinity Church and High Hurstwood Primary School are immediately past us on the left. (So if you reach the church and school then you have gone too far!). Please park as neatly & tightly as possible, parking space is very limited!