

Thank you for your interest in coming to retreat at Anuttara Ashram,

In the following pages you will find most of what you need to know about the Ashram. Please read over the information carefully and feel free to ask any questions you may have. We often only have access to communications once per week, so please keep this in mind when waiting for answers...

## 1. For your stay

We live in a temperate climate so it's always a good idea to bring lots of warm clothes, dry socks, and woollen/fleece items. There are a few cabins, a dormitory, and endless amounts of tenting space for accommodations. Although we find things to be very comfortable there are a few things to bring that will make your stay more enjoyable!

- flash light/headlamp ( We have no outdoor lights, and many of the cabins do not have power. It can be very hard to see on the paths to get to your bed in the evening. **It is very VERY important that you come with your own flash light.** )
- Working alarm clock (please bring charged batteries). **It is essential that you bring a clock**, as the cabins are not close together. This will ensure that you are on time for meditations and classes, as well as making sure that no one is required to wake you up.
- rubber boots (it can be VERY muddy, these are always an important item)
- rain jacket, umbrella
- warm clothes and lots of dry socks (with the rain it can get chilly here in the evenings, so ensure you have enough warm clothes for colder days)
- extra blankets or sleeping bag if you require (each cabin has blankets and sheets, but please bring extras if you feel you need them)
- **if you are tenting please bring your own tent, sleeping bag, extra blankets, and sleeping mat**
- towel
- please **bring biodegradable soaps** to use in the showers
- camera if you have one, it is a beautiful location!
- Please if you can, bring your own sleeping bag (or at least sheets and duvet), as this helps us to cut down on doing loads and loads of laundry, powered by our generator, run with gasoline... Thank you.

- **Please Note:** if you intend on staying in the dormitory, it would be best to bring your own foam mattress, etc-- we have not yet got all of our mattresses for our beds... thank you

The weather has a wide range of temperatures, so it's good to prepare for all sorts of weather conditions. As well, the Northern climate has a significant mosquito season (approximately 6 weeks), so being prepared with a bug jacket and mosquito repellent is a good way to be a bit more comfortable.

## 2. For Meditation/Yoga

It is important you are comfortable. Bringing some of these small items can greatly increase your experience during your stay.

- yoga mat
- meditation cushions (regular cushions and pillows serve this purpose well)
- small blanket(s) (it's nice to have a blanket to sit on or keep yourself warm during longer meditations or during the relaxation stage of the hatha yoga)
- water bottle with sealed lid
- a comfortable chair or stool if needed (we have a number of chairs available, but you are welcome to bring your own if it would be more comfortable)
- notebook and pen for recording your experiences and to make notes during lectures

Note: it is not necessary to purchase any of these items, we do have some extras that you are welcome to use.

## 3. Accommodations and Tenting

- Cabins: we have three cabins, two of which hold 2 people each and a third which is only one person.
- Tenting: We have unlimited amounts of beautiful tenting space (please bring your own tent, tarp, and bedding).
- Dormitory: Sleeps 6 people
- Two wall tents (might not be available until June), two teepee's, a camping van, and a few small cabins that may be available for use depending on the year.

#### 4. Bathroom facilities

We also do not have a septic system yet. Our toilets are “out-house” style. Many of these are composting which we allow the refuse to become mulch to later use on parts of our garden-- apple trees, and berry shrubs.

Our showers are located outside with hot running water. The water is heated with wood, and is heated up once a day, usually in the afternoon so that it is ready for after work. Sometimes in the morning the water is still warm, so showers are also possible then. This year we will try to insulate our water heater so that showers in the morning will be still hot.

#### 5. Meals

We serve vegetarian/vegan meals. We make simple but delicious food and make every effort to provide a cuisine that fits everyone's specific needs. Most of the food is made from scratch, eating as much food as possible which comes out of the garden, trying as much as possible to accommodate dietary needs. Food is offered three times a day: Light breakfast, a full lunch and light dinner. Please notify us if you have any special dietary requirements, and we will try our best to accommodate them.

At Anuttara, we feed people only through the generosity of others donations, so please be mindful of this during your stay

#### 6. Donations

There are many forms of giving (generosity), and financial donations are very important in our ability to continue to offer our services. We also accept donations of food and other non-perishable items (grains, legumes, oats, and baking goods) providing they do not contain eggs or meat products. If you have a specific service you are willing to donate, please let us know. (ex. artisan, trade, technical, promotional, or health services).

We are also happy to accept any used goods that you feel might be useful to us such as: building materials, tools (in good working order, bedding and linens, blankets and sleeping bags etc). There is a full list on the Website.

#### 7. Recreational Drugs and Alcohol

There is a **zero tolerance** for recreational drug and alcohol use. The ashram is not a place to "party". Please respect this sacred space and help to preserve its clarity by not using recreational drugs or alcohol.

## 8. Getting Here

**Airplane.** There are numerous flights daily to Terrace BC, from Vancouver, with [Air Canada, Jazz](#). If Flying from and international destination— there are sometimes good travel deals Terrace, BC with Air Canada.

**Bus.** The only bus company serving Terrace BC is the Greyhound. There are tow buses daily coming to Terrace BC, from the east and south (Vancouver via Prince George). This is the cheapest option for travel, with internet 3 week advance purchase.

- For both of these options (of airplane and bus) if we are to pick you up from Terrace BC we need to have contact with you prior to you coming. It is usually best to arrive on a Saturday, as this is our town day anyway. We are 115 km`s each way, and with today`s gasoline prices journey`s back and forth can be expensive. If you come on a day which is not our usual town day please offer to pay for the gasoline— \$40-50 for the return trip. Otherwise, you can take a taxi, Terrace BC to Nass Camp but will cost upwards of \$180.

### Driving

For those who are coming by car, you can show up at any time. Although, it is helpful that we know in advance if you are coming for more than just a day visit.

From Vancouver, BC: Drive from Vancouver on the 97N, until Prince George, then head west on the 16 (Yellowhead Hwy), until you come to Terrace...

From Terrace, BC: Turn onto Kalum Lake service Rd. (Nisga'a Highway) from highway 16, this will be a right hand turn after Canadian Tire if coming from Terrace, or a left hand turn before the Canadian Tire if coming from Prince Rupert. Follow the signs to Nass Camp, this will take about 1 hour and 30 minutes. Don't worry all the signs are marked.

From Nass Camp, BC: Upon arriving into Nass camp, drive past Tillicum Lodge (on the right), and the General Store/ Gas Station (on the left), then make the 3rd right, follow this half a km, and you will find a road called the Grease Trail Service Road, (if you can't find it just ask anyone where this road is everyone knows), turn here, cross over a bridge, and drive for 5.2 km. Here, turn left, (there is a lot of bright orange flagging tape on a tree at the turnoff, we would have a sign but they are always removed), drive for a bit longer and you will find a fence. If your vehicle is low to the ground you may want to walk from here, about 1 km. Otherwise, if you have a truck, you can keep driving until you come into the valley a bit, and you will see some vehicles parked there. Please honk your horn a few times. In the event that we haven't heard you, you can walk down the hill following the trail, to the meditation hall, there will probably be someone there.

[Click here](#) for google image maps [Through Nass Camp](#), and [Travel Down the Grease Trail](#).

Sincerely,

Anuttara Ashram

[www.anuttarayoga.ca](http://www.anuttarayoga.ca)

*PS. If you have any questions still please do not hesitate to write and ask and we will include this in this introduction letter...*