



Instructions

Location: Casa Lavanda Boutique Hotel, Ulupelit Köyü, Seçkin Sk. No.2 Sile – Istanbul-Turkey

You will need this information as you prepare to pack for your retreats. This document provides you with the basic operating procedures for your retreat center and packing instructions so you are properly prepared for the activities and weather. If you are driving, the directions to the retreat center are also included.

This is a residential retreat, so please don't plan on doing other work while you are here. The purpose of being "on retreat" means that you are removed from daily communications and engagement with the people in your work and personal life, allowing you to put your sole focus on the enhanced learning that is available to you when you remove all distractions. We strongly suggest that you handle other responsibilities and agreements (work, family, etc.) prior to arrival, so that you can give yourself the gift of being on retreat. Therefore, please avoid bringing laptops, checking voicemails, and doing other "day to day activities" during your retreat. A phone is available for local calls. Please bring calling cards for any long distance calls. There are no laundry facilities or laundry services available to participants during the retreats.

Lodging Information: You will be sharing lodging with the other participants in your tribe and will be separated by gender. The lodging arrangements will be provided upon your arrival to the retreat center.

What to Bring (pack lightly)

Important Items

- ☐ Flashlight
- ☐ Rain Gear- Jacket, Pants, Sturdy Shoes or Boots (all waterproof)
- ☐ Water Bottle
- ☐ Day Pack (a small pack for carrying items like your water bottle, raingear, gloves, etc.)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, and natural remedies

Other Items

- ☐ Jacket or warm sweater
- ☐ Both lightweight clothes (shorts etc.) and warm clothes for cold or wet weather
- ☐ Soap, shampoo, toothbrush, etc.
- ☐ Sturdy walking shoes that provide traction and ankle support
- ☐ Sandals or tennis shoes
- ☐ Slippers for inside
- ☐ Bathing suit
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Gloves for ropes course - well-fitted leather best (optional)
- ☐ Hat (for sun & warmth)
- ☐ Ear plugs (shared accommodations)
- ☐ Personal calendar
- ☐ Alarm clock/watch
- ☐ Pen

What NOT to Bring

- ☐ iPods, MP3 players, etc.
- ☐ Laptops and other electronics
- ☐ Expensive jewelry
- ☐ Perfume/cologne
- ☐ Cellular phones (for emergency use)
- ☐ Alcohol

You will do a lot of floor sitting and outdoor activity. Please dress accordingly.

Local Weather

Be sure to pack clothing for both warm and cool weather and plan to dress in layers. It would also be a good idea to check out the local weather forecast using an online or other service. One such service is <http://www.accuweather.com/tr/tr/istanbul/318251/weather-forecast/318251>

Casa Lavanda Habits & Suggestions

1. Respect: Enjoy your stay in comfort and style, respecting the property, its contents and facilities.
2. Housekeeping: Each occupant is provided with two towels - hand towel & bathroom towel.
3. Smoking: The house is a non-smoking area indoors. Please don't throw cigarette ends on the ground or in the gardens.
4. Telephone: Please bring a calling card for long distance calls. Mobile phones are reachable and operate at the site.

Arriving Directions

If you choose to arrive by car:

Any taxi driver would be able to find the location by address:
Ulupelit Köyü, Seçkin Sk. No.2 Be - İstanbul
Phone: +90216 736 56 40-41 - +90 530 969 86 79

If you choose to drive yourself:

Use and drive according to guidance to the address given at the top of this document.

The Coordinates are: 41° 05' 13.40" N - 29° 30' 37.40" E

Note: If you will be arriving internationally by Airplane for the First retreat we can arrange the transportation