

Summer Retreat 2022

The “Everything You Want to Knows”

What Alton Collins Needs From You

Alton Collins asks everyone to fill out a [GUEST INFORMATION FORM](#) about a month before the retreat so they can plan the menus. They do their best to accommodate everyone’s food preferences.



Aside from Food Preferences, please do not contact the Retreat Center directly, All other questions and concerns should come through us.

Retreat Begins: Thursday August 4

Check in begins at 4:00 pm.

Dinner begins at 6:00.

Evening Session begins at 7:15.

If you're going to be late please let us know and we'll ask to have a dinner plate saved for you.

Retreat Ends: Sunday August 7 at 2:00pm

Flying in from somewhere?

Plan your flight to arrive in Portland International Airport by mid-afternoon at the latest on Thursday, Aug 5.

Choose a departing flight that leaves after 4:00pm on Sunday.

Let us know your flight info, both arrival and departure, and we will help you coordinate transportation options to and from the Retreat center. There's no need to rent a car.

Dana:

To help keep the costs of the retreat as reasonable as possible, we do not include Caren's teaching in the price of the retreat. Instead we follow a Tradition known as, Dana, which means, “generosity.”

On the last day of the retreat each person has an opportunity to give their Dana Offering and express their gratitude for what they receive from the teachings—according to their individual means. This can be a monetary donation, or a simple thank you. It can also be anonymous but it is always optional. This year's Dana Moment, will be light-hearted, short and sweet.

What to bring besides your body and clothes?

** We will provide these items for those of you who are flying in.*

- **Toiletries:** soap, shampoo, toothpaste etc...
- **Blanket** to keep warm during meditation, *
- **Warm socks** to keep your feet warm during meditation.
- **Slippers, socks, or something easy to slip on and off your feet,** to wear inside the meditation spaces.
- **Plan to bring layers.** It's Oregon! So the weather could be in the high nineties or in the high fifties.
- There are hiking trails but regular shoes will do.. No need to pack hiking boots.

- **Journal and/or notebook** and something to write with.
- **Flashlight** or head lamp,
- **Umbrella** or rain gear,
- **Mosquito repellent** if you—like me—have mosquito consciousness 🥰

- **Yoga Mat** *
- **Your own meditation cushion, pillows.** We will have plenty but feel free to bring your own if you want to. *

- **Your Dana offering**—usually placed in an envelope. We have envelopes and note paper available for those who don't have those items at home.

- **Snacks / Munchies to share:** nuts, cookies, chips, homemade anything etc. *
- **Your favorite tea.** Alton Collins provides the normal, limited selection of herbal and caffeine teas.