

Information on the Wonderwell Retreat Center

Wonderwell Mountain Refuge is a retreat center located in New Hampshire and operated by Natural Dharma Fellowship. In order to make your stay a pleasant experience for you and those around you, we ask that you observe the following guidelines.

Arrival

Registration: Friday, October 3, 2014, 4:00–6:00 pm

Introductory session: 7:00 pm

Public Talk: 7:30 pm

You are welcome to arrive as early as 4:00 pm on Friday to settle in and enjoy a walk or relax and enjoy the views. If you are driving from the Boston area, please allow plenty of time. Friday northbound traffic can be quite heavy!

The daily schedule will include 6:30 am sitting meditation, walking and working meditation, and Dharma discussions. A complete retreat schedule will be available at check-in.

Departure

Departure is Sunday, October 5, 2014, between 2:00 and 4:00 pm.

About Your Stay

Wonderwell is a beautiful “summer cottage” built in 1911, so each accommodation is a little different. Bed linens, pillows, and one towel and washcloth are provided. Depending on the weather, Wonderwell rooms may be either chilly or warm, so bring appropriate layers of clothing. Fans and space heaters are available in all rooms.

Wonderwell sits on 25 forested acres. You may want to bring hiking boots and go exploring, or you may want to walk along Philbrick Hill Road. Philbrick Hill is a pretty country road that runs along Clover Ridge through old farms and forests and provides access to a couple of unpaved roads leading into the woods. Please be careful and walk facing the traffic—there aren’t many cars but the drivers don’t expect pedestrians. You may wish to carry your cell phone in case of emergency.

Wonderwell is a smoke-free and fire-free facility: candles and incense are prohibited. Alcohol and intoxicating drugs are similarly prohibited.

Food and Beverages

Three vegetarian meals will be provided on Saturday and two on Sunday. Vegan/gluten-free options are available at every meal. Snacks and teas are provided throughout the day. Refrigerator space is available on a limited basis for those with special needs.

Noble Silence

We will observe noble silence from 9:00 pm on Friday night to lunchtime on Sunday. More information on noble silence will be provided at the opening information and Q & A session at 7:00 pm on Friday.

This retreat will be held in “noble silence,” which refers to “social” silence in that we won’t be conversing other than in the designated discussion times or to relay information in relation to volunteer (“yogi”) jobs or personal needs. Surprisingly, we can sometimes feel more connected to others without speech. We also suggest that reading or writing in journals be kept to a minimum. These practices are done to free up the mind from some of the habits and perceived obligations of ordinary interactions. It is not at all meant as a punitive isolation. It is fine to smile, be kind, think loving thoughts, and so on.

There will be time on Friday evening to get settled in your room before gathering with the group for an introductory session and entry into our shared silence and meditation.

When speaking is allowed, you are encouraged to observe functional speech.

- If you need assistance with any housekeeping, food or kitchen issues, or medical attention, please contact the retreat manager.
- There will be a bulletin board or a basket outside of the living room which you will be encouraged to use to send or receive non-urgent messages.
- Please remember to silence your cell phones or any other devices throughout the retreat. If you find it absolutely necessary to talk or check your email, please do so in the basement or the parking lot.

What to Bring

- **For sitting sessions in the meditation hall** — Cushion sets and chairs will be provided. Feel free to bring additional cushions of your own, if you wish.
- **Clothing** — Bring comfy clothing for sitting practice and wandering the beautiful environs of Wonderwell Mountain Refuge. Laundry facilities are not available.
- **Materials** — Notebook and pen.
- **Flashlight** — Wonderwell is on a ridge, and power outages can happen, so bring a flashlight and make sure the batteries work!
- **Medications** — Please bring any medications you may require during the retreat. Refrigerator space is available for medicines that must be kept cold.
- **Unscented toiletries** — Please help us provide a comfortable and healthy retreat for all by refraining from using perfumes or scented products.
- **For timekeeping** — Please bring your own watch and alarm clock.
- **Teacher’s gift** — You will be given the opportunity to offer a monetary teacher’s gift (dana) before or upon the closure of the retreat. A custom within the Buddhist tradition, dana is a way of acknowledging what you have received from the teachings and completes the circle of generosity with the teacher. Dana is not part of the program fees. It is entirely up to you to decide whether you would like to participate in this practice.

Getting to Wonderwell, 253 Philbrick Hill Road

By Car

From the south/east via I-89 North:

1. Take exit 12A toward Springfield and turn right onto Georges Mills Rd.
2. Turn left onto NH-114 N/Main St (1.5 mi.)
3. Turn right onto Philbrick Hill Rd. (4.2 mi.)
4. After 1 mile. Wonderwell is on the left. (Prayer flags hang from the front entrance)

From the north/west via I-89 South:

1. Take exit 13 toward Grantham and turn right onto NH-10 S.
2. Turn left onto NH-114 S (.6 mi.)
3. Turn left onto Philbrick Hill Rd. (4.0 mi.)
4. Go 1 mile. Wonderwell is on the left and will have signs at the two driveway entrances.

By Bus

Dartmouth Coach (dartmouthcoach.com) has bus service from Boston's South Station and Logan Airport to New London, and from NYC to Hanover or Lebanon, NH. All these destinations are within 30 minutes of Wonderwell and have taxi service.

By Air

Cape Air (flycapeair.com) has service from NYC to Lebanon, NH.

Boston's Logan Airport is 110 miles from Wonderwell and has bus service to New London (see above).

Manchester-Boston Regional Airport is 65 miles away in Manchester. Look at the *Ground Transportation* area of their website for limo services to the Dartmouth/Lake Sunapee area.

Emergency Contact

In the case of an emergency, you can be contacted at Wonderwell by calling 868- OM TARA 1 (668-8272).

Nearest Hospital

New London Hospital is 9 miles away at 273 Country Rd., New London (603-526-2911).

Dartmouth Hitchcock Medical Center in Lebanon, NH, is 21 miles north (603-650-2500).