



**Silent Residential Retreat with Jac O'Keeffe**  
Dunnville, Ontario, Canada  
June 19-23, 2019

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**Location**

**Bliss Haven Retreat Center**

1028 Canal Bank Road, Dunnville, Haldimand County, ON N1A 2W5

~Please do not contact the retreat center directly~

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**Retreat Itinerary**

**June 19:** Check-in 2-5 PM: Dinner 6-7 PM: Welcome talk, orientation, Satsang 7-8:30 PM

**June 20, 21, 22:** Meditation 7:15-8 AM (optional): Breakfast 8-9 AM: Satsang 9:30-11:30 AM: Yoga (optional, only if someone in the group offers to lead): Lunch 12-1 PM: Coffee/Tea 2:45 PM: Satsang: 3-4:30 PM: Dinner 5:30-6:30: Chanting 7-7:45 PM

**June 23:** Meditation 7:15-8 AM (optional): Breakfast 8-9 AM: Satsang 9:30-11:30 AM: Lunch 12-1 PM: Departure 2 PM.

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**Registration**

To register for the retreat, please contact Christine at [Jac.Ontario.2019@gmail.com](mailto:Jac.Ontario.2019@gmail.com). Registration opens February 1, 2019. Tuition fee and accommodation are combined and payable in Canadian dollars (please ask if you prefer to pay in US Dollars). See below for rates based on type of accommodation.

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**Deposit**

A deposit of \$200 is required to hold a space. Full payment is due by **May 3, 2019**.

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**Cancellation Policy**

**On or before May 3, 2019:** Deposit, tuition, room and board reimbursed.

**May 4 - May 24, 2019:** 50% tuition, room and board reimbursed. Deposit not reimbursed.

**After May 24, 2019:** We will be unable to reimburse. If we have a waiting list, you may offer to sell your place to a person on our list.

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## Accommodation and Rates

The cost of registration includes 4 nights accommodation at Bliss Haven Retreat. Any additional accommodation prior to or following the retreat nights will need to be booked and paid separately by each participant.

### Accommodation options and rates (Canadian Dollars)\*

- ❖ Private rooms/shared baths (very limited number): ~~\$1300~~ (Sold Out)
- ❖ Shared rooms (2-4 beds): \$1165
- ❖ Dorm style rooms (mattress with bedding on floor of shared space): \$1052
- ❖ Tenting (bring your own or borrow at Bliss Haven): \$995
- ❖ Off-site accommodation: \$933

\*If you prefer to pay in US Dollars, please request this option upon registering

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## Accommodation description

Various types of accommodations are provided in two houses on the property. Some rooms are on the second level and require use of stairs - please indicate upon registration if you have mobility restrictions. Participants are requested to keep shared spaces tidy as daily housekeeping service is not provided.

- ❖ Private rooms are very limited in number and are available on a first come first serve basis at the time of registration and payment. Private rooms will have shared bathrooms with a limited number of other participants.
- ❖ Shared rooms have between two to four beds per room. Please indicate if you prefer to share a room with another registrant. Bathrooms are shared with participants in other rooms.
- ❖ Dorm-style rooming is available at a reduced price. Mattresses with bedding are provided in a single large room with separate spaces for males and females. Washrooms will be shared.
- ❖ Tenting outside on the property is available at a reduced price. Guests may bring their own tent, or borrow one from the retreat center. Washrooms in one of the houses can be used and shared with other participants.
- ❖ If preferred, participants can find outside accommodation and come to the retreat venue daily. This option includes all retreat meals and coffee/tea provided. Participants choosing this option will need to organize their own daily transportation between their hotel and the retreat center.

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## Meals

All meals are prepared on site and served buffet style. Meals will be vegetarian, with fish also available at dinner. All meals shown in the retreat itinerary are included with registration.

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Special dietary needs can be accommodated for an additional charge of (\$10/person per day). Please specify any special requirements or restrictions upon registration (e.g, allergies, vegan, diabetic, celiac, etc.). All meals may be prepared gluten-free for all participants depending on how many registrants express a preference/requirement. For a sample menu, see: <https://www.blisshavenantiques.com/meals>

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## Transportation

- ❖ Bliss Haven Retreat is accessible by road from Toronto, Hamilton, Niagara Falls and Buffalo NY. The largest nearby airport is Toronto Pearson International airport. If travelling by car, travel times (without heavy traffic) are approximately: Toronto: 90+ minutes; Hamilton: 40+ minutes; Niagara Falls: 40+ minutes; Buffalo: 90+ minutes (allow for border crossing time). Please allow extra time for heavier traffic. Free parking is available on site.
- ❖ Bliss Haven is not accessible by public transportation or commercial bus lines. If ground transportation to and from the retreat centre is required, pick up and drop offs can be arranged at an additional cost. Depending on the requests for transportation, a bus or van can be scheduled to pick up groups of participants from a central location at a scheduled departure time. Contacts for private taxis can also be provided.
- ❖ If arriving by air, please take driving times into account and allow extra time in case of heavier traffic. Flights to Toronto International Airport should arrive no later than 12:00 PM on June 19, and departing flights should leave no earlier than 6:30-7:00 PM on June 23.
- ❖ When registering, please indicate mode of transportation and any anticipated needs for pick up and drop-offs. If flying, please provide your itinerary when available.

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## Retreat Center

Bliss Haven Retreat is located on 82.5 acres surrounded by hundreds of acres of conservation land offering perfect privacy and solitude. There are large, well furnished living/family rooms with fireplaces and dining rooms, and several porches to relax and enjoy nature. Trails to the river, lake and creek are accessed from the property. Wifi is available.

- ❖ For more information on Bliss Haven: [www.blisshavenantiques.com](http://www.blisshavenantiques.com)

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**Please direct any questions about this retreat to Christine:**

**[Jac.Ontario.2019@gmail.com](mailto:Jac.Ontario.2019@gmail.com)**