

Sai Ram Dear Registrant,

We look forward to having you at the 41st Annual Regional Retreat this upcoming weekend, August 31st - September 1st, 2024. Please read the following information carefully which is given to ensure that you have a pleasant retreat experience.

ARRIVAL AND CHECK-IN

Upon arrival, please check-in with us at the registration desk (adjacent to the dining hall). The registration desk will be open at the following times:

- Saturday: 7:30 am - 10:00 am, 12:30 pm -1:30 pm, and 6:30 pm - 7:00 pm
- Sunday: 8:00 am - 9:30 am, and 12:30 pm -1:30 pm

- Attendees staying onsite should check in upon arrival on the first day.
- Multi-day attendees not staying at the retreat site should check in with us every day. There is only one registration desk for all.

There are two programs; one for the SSE students and one for the adults.

ADDRESS

Address: Walden West (Saratoga), 15555 Sanborn Road, Saratoga, CA 95070

Phone: (408) 573-3050

Website: <http://www.waldenwest.org/>

Directions: Please see section below for Directions

PROGRAM INFORMATION FOR ADULTS

An up-to-date program has been posted on the website for your review.

Program: <https://region7saicenters.org/region7new/retreat/>

SSE Program: There is a planned SSE Program track on site for all the SSE children (Age 6 onwards) at the retreat. Please note that children who are 5 years old can join along with a parent for any activity. Parents, please plan care/engagement of children under 5 years of age.

ACCOMMODATION

- All overnights will be staying in the dormitory cabins. Dormitories have bunk beds with vinyl/nylon mattresses. Men and Women will be in separate dormitories. We do not have any family dormitories. Male children below 11 years old, if coming with their mothers only, can stay in the female dorms with their mothers. However, male children 11 and above will be in male dormitories. Same applies to female children coming with their fathers to the retreat.

- Since a dorm accommodates multiple people, please be mindful of the sound you make, especially during the night and early morning hours.
- Dorms have limited charging points and we recommend that you bring an extension board (labeled with your name), if you have.
- It is necessary to bring your own bed linen; sheets, pillows and pillow cases, and blankets and towels.

WHAT TO BRING

If staying onsite:

- Bed linen; sheets, pillows and pillow cases and blankets
- Bath towel/washcloth
- Toiletries (Toothbrush/Toothpaste/Soap/Shampoo/Conditioner)
- In group showers, shower curtains have been installed.
- Ear plugs (to help sleep at night in dorms)
- Rubber slippers (for showers)
- Contact lens case/solution

General Items for all:

- Comfortable clothing that is suitable for Sai events
- Hat
- Sunscreen (the weekend is expected to be very warm!)
- Flashlight (with batteries)
- Jacket or shawl and sneakers for outdoor
- Mosquito repellent
- Personal medications
- Power banks to charge your cell phones
- Food / snacks (for those with special dietary restrictions)
- **GO GREEN:** Plates, Reusable water bottles (labeled with your name), Travel Mugs for beverages
- Notebooks and pens to take notes during meetings
- Other essential personal Items
- In the interest of making this a zero-waste event, we encourage you to bring your own empty boxes and utensils for the meals.
- All (including **SSE** students) interested in the nature walk should pack comfortable clothes, socks/closed toe shoes, a hat and a water bottle.
- **SSE** students to pack a pair of whites for the Sunday morning offering.

FOOD

We have tried our best to accommodate individual dietary restrictions. However, in case of strict dietary restrictions, please do carry your own snacks.

DIRECTIONS:

PLEASE NOTE THAT WIRELESS SIGNAL IS VERY WEAK IN THIS AREA AND CELL PHONES MAY NOT WORK FOR DIRECTIONS. A PRINTOUT OF DIRECTIONS IS HIGHLY RECOMMENDED. WE ENCOURAGE YOU TO DOWNLOAD THE MAP OF THE AREA AS OFFLINE MAPS ON THE GOOGLE MAPS APP ON YOUR PHONE.

Instructions to download offline maps on GoogleMaps: [Download areas & navigate offline - Android - Google Maps Help](#)

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Directions:

- Take Highway 9 (Big Basin Way) from Saratoga, towards the Santa Cruz Mountains.
- After 0.8 miles, Turn left at Sanborn Road (near Saratoga Springs).
- After 0.9 miles, Take the first right at the Walden West sign.
- Stay right after the stone columns and turn right into Walden West

Important Note: The last stretch (Sanborn Road and parts of Big Basin Way) is hilly and winding, and is unlit at night. Please exercise caution while driving in the dark.

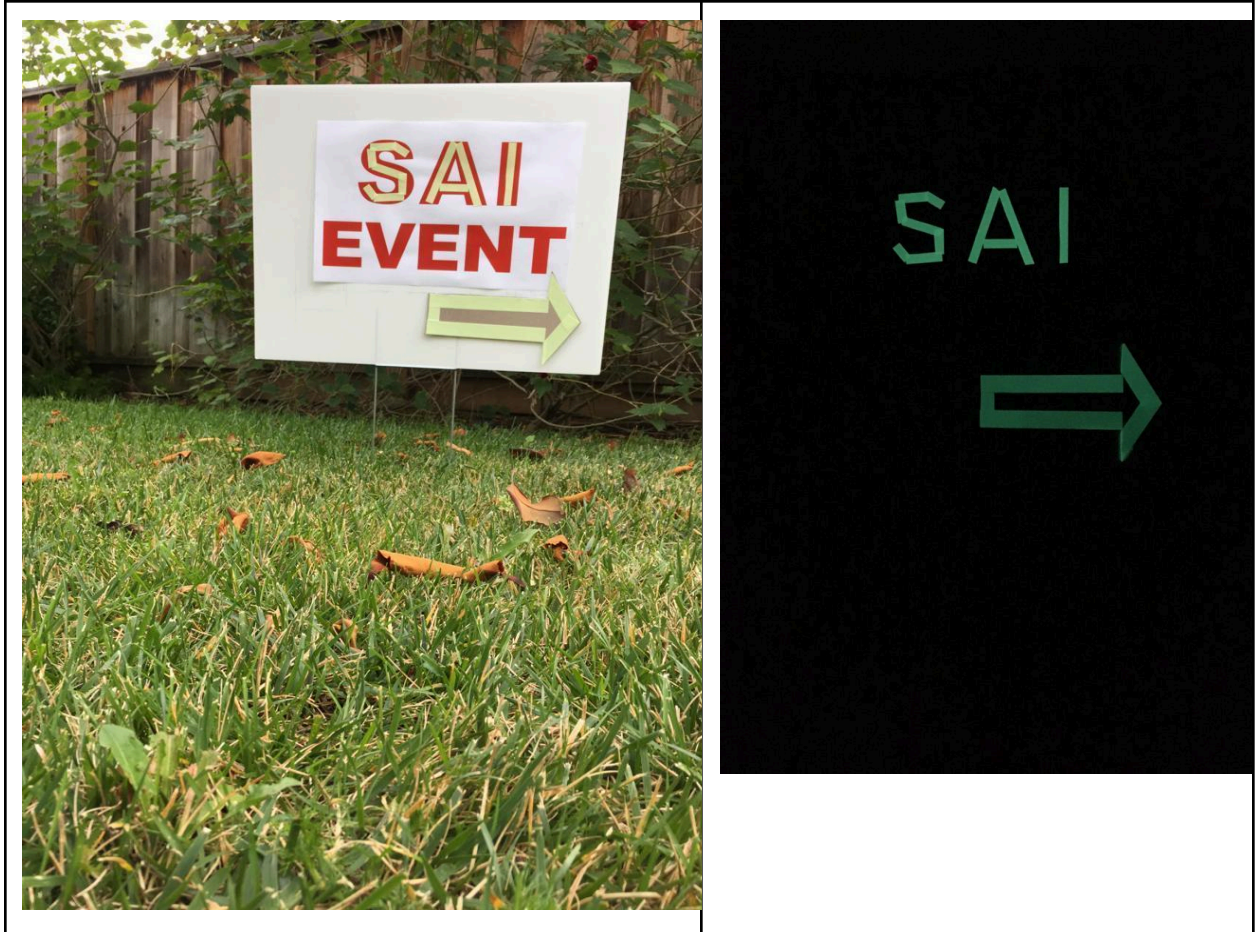
SERVICE OPPORTUNITIES:

If you have indicated your interest to serve in any specific areas during registration, you will be connected to a lead in that area at the retreat. They will then direct you to specific service activities over the course of your retreat stay. Thank you for offering to serve and pitching in for retreat seva opportunities.

RETREAT SIGNS ON SANBORN ROAD:

Please lookout for signs of the event. They will look like the following.

Day View	Night View
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HEALTH AND SAFETY INFORMATION

- Please bring your masks to the event if you feel more comfortable wearing one. Masks will be provided on site as well.
- Hand sanitizers and disinfectant wipes will be provided across various stations at the retreat site
- Nearby Hospital: Kaiser Permanente Santa Clara Medical Center and Medical Offices: 700 Lawrence Expy, Santa Clara, CA 95051
- No pool access for children
- **Please take an antigen COVID-19 home self test and proceed to the retreat site after establishing a negative result**

Please let us know if you have any questions!

Attachments to this email:

- This letter in PDF
- Site map

We request you to save these documents on your cell phone and refer to it when needed during the retreat.

Loving Sai Rams,
2024 Region 7 Retreat Committee