



## Information Sheet for the Ashram Experience

The Ashram experience starts on August 27<sup>th</sup> and runs until September 21<sup>st</sup> 2012 at Stella Maris Retreat Centre, Howth. Once you have made your booking **a confirmation email will be sent to confirm the dates booked.**

This community experience, within the natural beauty of Stella Maris, will offer you an opportunity to experience meditation, silence, simplicity, peace and inner stillness, to enrich your spirit and enliven your faith. It will be led by Korko Moses, a Jesuit priest from India who founded Dhyavanam, an Ashram in India inspired by both Christian & Eastern spiritual traditions. He is a spiritual guide, counsellor, teaches meditation and yoga, leads retreats, and has worked with people with addictions. He also offers spiritual guidance for the L'Arche communities. Ashrams are places where people of any faith, gender or nationality can stay and practice intense meditation, taking up an inward journey under guidance to realise the truth of themselves as divine, created in the image and likeness of God.

## Practical Details

### List of things to bring

- Comfortable clothing (gentle yoga exercises are part of each day)
- Yoga mat if you have one (some provided)
- Meditation cushion/stool/shawl (some provided)
- House slippers/socks
- All weather clothing
- Sun hat/sunscreen
- Two single sheets and a pillow case for your bed (if residential)
- A towel (if residential)
- Please do not bring valuables
- Please do not bring highly scented toiletries / perfumes

**As the Ashram is a simple, silent space we suggest that you do not bring books or use mobile phones or laptops.**

### **Residential**                      **7pm arrival date – 8pm departure date**

Please arrive between 7pm and 7:30pm. When you arrive please make your way to the welcome desk just inside the main reception door where you will be greeted. Please note dinner will be on the second evening not on the evening you arrive.

### **Non-residential**                      **6am – 8pm**

Please arrive between 6am and 6:20am. When you arrive please make your way to the welcome desk just inside the main reception door where you will be greeted. You will be directed to the morning meditation which starts at 6:30am. After breakfast we ask you to remain in the dining room where your welcome host will give you a briefing of the day and any information you will need.

### **Outline for the day:**

6.30-6.45am	Gathering/Chanting/Prayer
7.00am	Yoga
8.30am	Breakfast
	Meditation/Karma Yoga (seva)/spiritual direction
10.00am	Teaching
12.00pm	Meditation
1.00pm	Lunch time
2.00-3.30pm	Karma Yoga/Free time
3.30-4.00pm	Deep relaxation
4.00-5.30pm	Free time
	Check out of room
5.30pm	Communal prayer/meditation/bhajans/arati
6.30pm	Evening meal
	Mindful Sharing (Satsang)
8pm	Close of day

## Directions to and Means of Transport to Stella Maris

### **By Bus (from Eden Quay) – Please check bus times in advance**

- Bus 31 b stops at gate of Stella Maris.
- Bus 31 to Howth Summit (10min walk – walk past the Summit Shop and proceed straight down the hill, Stella Maris will be on your left).

### **From the Airport**

- Taxi is an option although expensive.
- Airport bus into city and 31b bus to Stella Maris gate.
- The Dublin Bus number 102 goes from the Airport to Sutton Dart Station (please see below).

### **By DART (Greystones to Howth) – Please check dart times in advance**

- Please note exit is at **Sutton Station**.

### **By Car (From Dublin)**

- Coming from the city, look out for Sutton Cross junction which has the Marine Hotel on the right hand side.
- Veer right at Sutton Cross and continue on the Carrickbrack road (leading to Howth Summit) for approx 4KM.
- Look out for a car layby on the left and a bus layby on your right. There is a low wall running along this section of the roadway on your right hand side.
- Stella Maris is situated on the right hand side immediately after the bus stop.

### **By Car (from M50/N32)**

- Pass through Baldoyle and proceed straight through at Sutton Cross and continue as above.

Limited car parking space is available at Stella Maris. Additional parking is available outside the gate. **Please note that parking is at your own risk.**

**Helping out/Work:** As part of the Ashram experience there is a set time for mindful work for all participants. These chores will be assigned to you by one of the ashram volunteers. Chores will include: helping out in the kitchen (e.g. cutting vegetables) in the garden (e.g. weeding) or in general areas (e.g. setting up rooms or light cleaning)

