

*Services Offered by Sakya Monastery:
Spiritual Practices, Blessings &
Ceremonies*

Compiled by: His Holiness Jigdal Dagchen Sakya



Sakya Monastery of Tibetan Buddhism

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SAKYA MONASTERY OF TIBETAN BUDDHISM

Introduction

Sakya Monastery of Tibetan Buddhism has compiled this spiritual practices guidebook to assist people who are interested in integrating Buddhist beliefs into their daily lives. For further information or to request any of the practices outlined in this guidebook, please contact Adrienne Chan (executive director) at monastery@sakya.org or call Monday through Friday 8:00 a.m. to noon at (206) 789-2573.

Note: Please make suggested donations to Sakya Monastery of Tibetan Buddhism. Donations are suggested price ranges. Give at the level at which you are able. See Adrienne Chan if you have any questions.

Becoming a Buddhist: Taking Refuge

What is taking refuge?

Taking refuge is the gateway to the Buddhist path of liberation. It is a formal ceremony during which one becomes a Buddhist. One takes refuge in the Three Jewels or the Triple Gems; the Buddha, the Dharma, and the Sangha. Taking refuge involves a wholehearted commitment to your spiritual path as well as a desire to benefit all sentient beings. If you are interested in learning more about taking refuge, please see our V.E.I. catalogue for the date of the next “Significance of Taking Refuge” class.

Why does one take refuge?

There are a variety of valid reasons for becoming a Buddhist (traditionally referred to as “taking refuge”). The reasons can be reduced to three motivations. The first is fear of being trapped in samsara (the endless round of births and deaths) as well as the fear of ignorance, desire and aversion. The second reason is faith or supreme confidence in the Three Jewels: the Buddha, the Dharma and the Sangha. The third motivation is compassion, benevolence, and the desire to alleviate all beings’ suffering. In the Vajrayana tradition (which is what we practice at Sakya Monastery), one seeks liberation for all sentient beings.

The refuge ceremony procedure

Please feel free to invite your family and friends to observe this auspicious occasion.

In appreciation for the gift of refuge, you will be making the following offerings:

1. At the beginning of the ceremony, you will offer to the Shrine (representing the Buddha) one ceremonial scarf (katag) and either flowers, incense, candles or a monetary offering (monetary offering may be of any amount that you feel comfortable giving).
2. When you receive your blessing cord, you will offer a ceremonial scarf (katag) and a monetary gift offering of appreciation to the Lama. At this time you will receive your new Dharma name from the Lama.
3. At the conclusion of the ceremony, please present monetary gift offerings of appreciation to the Translator and to the Ordained Attendant(s).

The refuge prayer is recited in Tibetan after the Lama during the ceremony, and the meaning is as follows; *All the Buddhas and Bodhisattvas of the ten directions please pay attention to me, (say your new Dharma name). Until enlightenment is attained, I take refuge in the Buddha, the best of bipeds, I take refuge in the Dharma, free of desire, and I take refuge in the Sangha, the accumulation of merit and wisdom.*

If you wish, after the refuge ceremony you are welcome to join in the following;

- ❖ A group photograph is taken with the Head Lama, the monks, the translator, and your newfound Dharma brothers and sisters.
- ❖ Meet with Sakya Monastery ambassadors to ask questions and learn more about the Monastery.
- ❖ You, your friends and family, and the ambassadors may meet downstairs in the Tibetan cultural hall to enjoy tea and fellowship.
- ❖ In the next week there will be an evening follow-up class (Life With Refuge: Building a Buddhist Life).

If you have questions about the refuge ceremony, want to sign up for the next refuge ceremony, or have any questions after the ceremony contact Sakya Monastery’s office.

Maturing Your Mind through Vajrayana Practice

Deity Initiations

What is a Deity Initiation?

Initiations are special ceremonies in which the Lama acts as a conduit between yourself and the deity, transmitting blessings and authorizing you to perform meditational practices specific to that deity.

Why does one request an initiation?

Certain practices require an initiation as a prerequisite. For example, at Sakya Monastery each month we do practices such as Mahakala, White Tara, Medicine Buddha, and Shitro which all require a deity initiation. Even if a practice does not have an initiation prerequisite, having an initiation strengthens the practice and enables one to practice it at home. To see examples of past initiations please feel free to peruse the initiation binder in the Sakya Monastery Cultural Hall.

Procedure for requesting an initiation

1. The request and sponsoring donation for an initiation may be made by an individual or group (for a group request, please see page 7).
2. Offer a katag in a vertical manner to the Lama to indicate a request for teachings or an initiation.
3. A letter or note requesting the initiation along with the donation should be in an envelope accompanying the katag.

Responsibilities for an initiation

1. Offering to Accompany Request – A \$100 monetary offering with a katag is offered to the Lama when requesting the initiation.
2. Cho Do – A monetary offering of \$20 is required one week before the initiation so that the Monastery assistant can buy materials: candles, incense, tormas ingredients, etc.
3. Fruit – The evening before the initiation, a bowl of fruit is required for the Lama's table, to establish the coming of an auspicious event.
4. Gratitude – To express appreciation, at the conclusion of the initiation, katags and monetary offerings are made to the Lama, (\$150), each of the assistants (\$25, usually three assistants) and the translator (\$75).
5. Initiation Deity's picture, mantra, and/or Sadhana – Copies of the deity picture, mantra and/or Sadhana for the initiates.

Group Request for a Deity Initiation Responsibility Sign-Up

For group requests, the financial and other responsibilities for requesting and sponsoring an initiation can be shared as follows;

Deity Initiation Being Requested: _____

\$100 monetary gift to accompany katag requesting the initiation.

Name	Amount	Email or phone
1)		
2)		

Katag - \$7 offering for the katag to accompany the initiation request.

Name	Amount	Email or phone
1)		

Cho Do - \$20 offering to pay for candles, incense, torma ingredients, etc.

Name	Amount	Email or phone
1)		

Fruit bowl provided the night before the initiation

Name	Amount	Email or phone
1)		

Make color copies of the Deity picture and copies of the spiritual practice.

Name	Amount	Email or phone
1)		

Gratitude – Katag and monetary offering made to Lama (Lama offering of \$150)

Name	Amount	Email or phone
1)		
2)		

Assistants offerings of \$25/each

Name	Amount	Email or phone
1)		
2)		
3)		

Translator offering of \$75

Name	Amount	Email or phone
1)		
2)		

Blessings for New Life

General Baby Blessing

Who performs the baby blessing?

The Lama performs the baby blessing. He will recite prayers and give the child a sacred blessing cord and a long life katag.

Why should one have a baby blessing?

A baby blessing is beneficial for the following reasons; it brings about family happiness, ensures long life of the child, and decreases obstacles for the child.

Baby Blessing Which Includes Hair Cutting Ceremony and Bestowal of a Dharma Name: For the Child of a Buddhist Practitioner

Who performs the baby blessing?

The Lama performs the baby blessing. He will recite prayers, cut a lock of hair from the child's head (which is symbolically offered to the Buddha), and give the child a sacred blessing cord and a long life katag.

Why should one have a baby blessing?

A baby blessing is beneficial for the following reasons; it brings about family happiness, ensures long life of the child, and decreases obstacles for the child. After this ceremony the child becomes a Buddhist and receives a Buddhist Dharma name.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Blessings for Weddings

Background Information & What to Bring

Couples (Buddhist or non-Buddhist) can arrange to have their wedding ceremony officiated by our Head Lama, H.H. Jigdal Dagchen Sakya, at Sakya Monastery in the lower shrine room. Offsite marriage ceremonies may be performed by H.E. Jamyang Dagmo Kusho Sakya.

For weddings held at Sakya Monastery, non-members need to contact the Sakya Monastery office to fill out a facilities use agreement.

The couple should bring the following items:

1. Marriage License
2. Offering for the Buddha Shrine (i.e., flowers, fruits, incense or candles, etc.)
3. Three katags
4. Reception food/beverage for your guests plus plates, hot cups, and napkins
5. If the marriage is at Sakya Monastery, as part of your wedding ceremony, Sakya Monastery will provide auspicious Long Life rice and tea for the couple.

Please see the following two pages for wedding protocol and the registration form. The wedding protocol which follows applies for weddings taking place at Sakya Monastery. If you are interested in an offsite wedding, please contact Adrienne Chan for specific details.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Wedding Protocol

Please seat yourself, leaving the first two rows for the families of the couple.

When all the guests are seated, the Lama will enter the room, at which time everyone should stand.

When the Lama has seated himself, everyone may sit down.

The Lama will explain the wedding ceremony.

The couple will stand, and the bride and groom will make three prostrations to the Shrine, and make offerings to the Shrine with katag.

The Lama will bestow blessings on the couple.

The Purification Ceremony will be performed.

The groom will make an envelope offering to the Lama on behalf of the couple with a katag.

The Lama will then give katags to the couple.

The couple will exchange rings.

Auspicious rice and tea offerings will then be presented to the Shrine, Lama and couple.

The Food Offering Prayer will be recited.

The couple will toss some rice in the air three times as an offering, eat some rice themselves, and drink some tea.

The Lama recites the Long Life & Happiness Dedication Prayer.

The Lama leaves.

Family and friends may then offer congratulations and well wishes.

Pictures may be taken throughout the wedding ceremony.

Wedding Registration Form

After reviewing the material, if you are interested in a wedding, please provide the requested information below and return it to the address below. We will contact you within 2 weeks to confirm a wedding date.

Sincerely,

Adrienne Chan
Executive Director

WEDDING REGISTRATION FORM

Today's Date: ____/____/____

Name(s): _____

Address: _____

Email: _____

Phone Number: (____) _____ - _____

For Tibetan astrological purposes, please provide your birthdays:

1. ____/____/____

2. ____/____/____

Please provide 3 possible Sundays on which you would like your wedding, ranked from first choice to last choice. Also, indicate the desired time for each date (must be after 1:00 p.m.).

1. ____/____/____

2. ____/____/____

3. ____/____/____

Blessings & Consecrations for Places & Objects

Land, Home, Business or Store

Why should I have my land, home, or business blessed?

The benefit of having a location blessed is that it creates harmonious energy, and generates happiness, long life, enjoyment, and good health.

Where is the blessing performed?

The blessing is performed at the site which shall be consecrated.

Who performs the blessing and what is the suggested donation?

The blessing can be performed by any of the following individuals;

Head Lama, H.H. Jigdal Dagchen Sakya + one attendant

H.E. Jamyang Dagmo Kusho Sakya + one attendant

Ven. Tulku Yeshe Gyatso + one attendant

Monk or nun + one lay attendant

What is the procedure for having my land, home, or business blessed?

The lama or ordained performing the blessing will need a ride to and from the location.

Please pay half of the lama or monk/nun and attendant offering to Sakya Monastery prior to the blessing.

For the blessing ceremony you need to provide the following items:

1. A altar or a picture/statue/thangka of Buddha*
2. Items to be placed on the shrine or in front of the picture of Buddha: flowers, candles, bowl of fruit, incense, etc.
3. A clean bowl filled with uncooked rice
4. Sticks of incense for the individual performing the blessing
5. At the end of the blessing, please give the remaining half of the monetary offering to the lama or monk/nun and his/her attendant.

*If you don't have an altar, the lama's attendant will bring altar objects for use in the blessing. Please inform in advance if this is the case.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Blessings & Consecrations for Places & Objects

Statues, Stupas, Thangkas, Malas, Prayer Flags, and Religious Objects

Why should I have my statue or religious object blessed?

It is not appropriate to leave “empty” religious objects such as statues or stupas on a shrine. Therefore, they must be filled. They are filled with “Tsung-Shu” which is a combination of blessed and valued items such as relics, mantras, jewels, medicines, grains, etc. Other religious objects (such as your thangkas and malas) should be blessed to turn these empty objects into sacred objects.

What is the procedure for having my statue or religious object blessed?

You can bring your items to Sakya Monastery and leave them with the office staff anytime Monday-Friday, 8:00 AM – Noon. Provide the office staff with your religious objects and the appropriate donation amount, and make sure to fill out the proper form (see below). You will be notified by phone or e-mail when the blessing is complete. Sakya Monastery is not responsible for lost or stolen items.

Date: ____/____/____

Number of statues: _____

Religious objects description: _____

Name: _____

Contact phone or e-mail: _____

For office use only

Tsung Shu Fee Rcvd.: _____ by (staff): _____

Donation to Lama Rcvd: _____

Donation to Monk Rcvd: _____

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.
Note: *Donations are suggested price ranges.*

Practices for Celebration, Healing, Relieving Suffering & Mourning

Dedication of Merit at the Monastery

What is a dedication of merit?

When one does spiritual practices, they accumulate merit from having done that practice. Every spiritual practice concludes with a dedication of merit. One can choose to dedicate that merit to a specific individual for that individual's benefit and the benefit of all sentient beings.

Why do you do dedication of merit?

Dedication of merit can be done to celebrate auspicious events or to relieve suffering. It can also be done as a mourning practice to help those who have passed away to accomplish a quick and successful re-birth (for other mourning practices, please see the Shitro or Sur practices).

Who do you do dedication of merit for?

Dedication of merit can be done for anyone! You can dedicate merit to your loved ones, including pets or other animals.

When is dedication of merit done?

Dedication of merit prayer requests for an individual can be done during Thursday or Sunday Chenrezi.

What is the suggested donation and what items are suggested for dedication of merit?

According to Tibetan Buddhist tradition, in order for a blessing to be complete, one must make an offering to establish a personal connection with the Three Jewels and the recipient of the merit.

1. Offering to altar (any amount) with a katag
2. Offering to the lama (any amount) with a katag
3. (Optional) \$25 for rack of 100 candles to be lit on the day of the dedication of merit. A Tibetan tradition is to light candles or butter lamps for the removal of obstacles. Candles are also symbolic of the removal of the "darkness of ignorance"
4. (Optional) Flowers or incense (symbolic of the removal of defilements)
5. (Optional) Photograph of your loved one

When you arrive, inform a greeter that you wish to dedicate merit. He/she will let you know toward the end of the practice when it is time for you to take your offerings to the altar.

How to dedicate merit

- You will do three prostrations to the Buddha
- Place a katag and offerings on the altar table
- Make your katag and monetary offering to the lama & show the picture of your loved one
- Make an incense offering provided by an ordained
- State who we are dedicating our merit to and pass the picture around for the congregation to view
- Return to your seat to partake in the prayers that will follow

What should I do if I cannot come to Sakya Monastery in person, but still want to dedicate merit?

You may make an out-of-area dedication of merit request. The prayers will be done at the conclusion of one of the meditational practices within a week from the time we receive your offerings. In lieu of your presence, a monastery representative will make your dedication of merit request according to the in-person procedure. If you send a photograph (optional), please send a self-addressed stamped envelope for returning the photograph to you. Please include a note with your donation to explain what or who the donation is for.

Elaborate Dedication of Merit at the Monastery with Samantabhadra Prayer and Food Offering (Mang-cha)

One week advance notice required.

What is an Elaborate Dedication of Merit ceremony?

An elaborate dedication of merit ceremony includes elements from a standard dedication of merit, as well as the recitation of the Aspiration of Samantabhadra prayer and a Mang-cha.

What is a Mang-cha?

A Mang-cha is a food offering to the Three Jewels for their blessings and to the entire congregation in appreciation for their prayers.

When and where does the Mang-cha take place?

After Sunday Chenrezi service, everyone is welcome to come downstairs to our cultural hall and enjoy the food offering (Mang-cha).

Note: If you are bringing your own food for the Mang-cha, please contact Sakya Monastery Office.

What is the suggested donation?

1. Offering to altar (any amount) with a katag
2. Offering to the lama (any amount) with a katag
3. \$200 for food offering (food for Mang-cha purchased by the Monastery). Please give this donation to Adrienne Chan. Alternatively, you may bring your own food, but please ensure that there is enough for 75 – 100 people.
4. (Optional) \$25 for rack of 100 candles to be lit on the day of the dedication of merit
5. (Optional) Flowers or incense (symbolic of the removal of defilements)

What should I do if I cannot come to Sakya Monastery in person, but still want to do an Elaborate Dedication of Merit ceremony?

You may make an out-of-area Elaborate Dedication of Merit ceremony request. The prayers will be done at the conclusion of one of the meditational practices within a week from the time we receive your offerings. In lieu of your presence, a Monastery representative will make your dedication of merit request according to the in-person procedure. If you send a photograph (optional), please send a self-addressed stamped envelope for returning the photograph to you. Please include a note with your donation to explain what or who the donation is for.

Medicine Buddha Prayer Circle

Who is the Medicine Buddha?

The Medicine Buddha is a transformation of Shakyamuni Buddha, who manifested as the Medicine Buddha in order to give Medicine teachings.

Why request Medicine Buddha prayers?

Medicine Buddha blessings alleviate suffering, sickness and injury, thus prolonging human life and improving the human opportunity to attain enlightenment. You can request Medicine Buddha prayers for a loved one or yourself who is ill.

Who does the Medicine Buddha prayers and when does it take place?

Medicine Buddha prayers are done on each new moon. The prayers are done by either a group of lay practitioners who have taken the Medicine Buddha initiation or an ordained at the Monastery.

What is the procedure for requesting Medicine Buddha prayers?

E-mail the person's full name, a description of what the prayers are for, and a photograph (optional) so the group can visualize your loved one. Send your request to: monastery@sakya.org. Put "Medicine Buddha Prayer" in the subject line.

Suggested Donation

The Medicine Buddha prayer circle is a service freely given by the lay members as part of their practice. You are welcome to make a small donation to the Monastery on your loved one's behalf if you would like.

Special Requests

You may also request that one of the ordained perform these prayers.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Shitro Practice: Prayers for the Deceased

What is Shitro practice?

Shitro is meditation and practice for those that have passed away.

Why request Shitro practice?

In Buddhism, helping someone to die well is one of the most important gifts we can give another person. If you have a loved one who has passed away, you can help them (even if it has been many years since their death), by having the Sunday morning Shitro group do prayers on their behalf.

Who does Shitro and when does it take place?

Shitro is done on Sunday mornings at 7:00 a.m. by a group of lay practitioners who have received the Shitro initiation. A Buddhist practitioner requesting the practice for a loved one can participate in the Shitro practice without the initiation.

How long are Shitro prayers done for?

The Shitro prayers are held for 8 consecutive Sundays. When the practice is concluded, the pictures or cards with the name and date of passing are burned and the ashes are placed in a stream.

What is the procedure for requesting a Shitro practice?

E-mail the person's full name, their date of passing, your name, and a photograph (optional) so the group can visualize your loved one. Send your request to: monastery@sakya.org. Put "Shitro Prayer" in the subject line.

Suggested Donation

The Shitro practice is a service freely given by the lay members as part of their practice. You are welcome to make a small donation to the Monastery on your loved one's behalf if you would like.

Sur

The Complete 49-Day Spiritual Practice as Described in “The Tibetan Book of the Dead” (Bardo Thodol) for Loved Ones Who Have Passed

What is “Sur” and why does one request these prayers?

Sur is the complete 49-day spiritual practice as described in “The Tibetan Book of the Dead.” Having Sur prayers done for someone who has passed away can be very beneficial for them in the following ways;

1. Facilitates person’s passage through the bardo.
2. Purges attachment to objects.
3. Helps to achieve harmony with local deities, nagas, formless spirits, and the spirits of your loved ones, including pets.

Who performs this practice?

Monk or nun

Where do the prayers take place?

The prayers take place at Sakya Monastery.

What do I need to provide?

When making your request for this practice, please provide the deceased individual’s full name, age, date of passing, and a photograph. In addition, please provide 1 stick (¼ pound) of butter and a ½ pound bag of barley flour which will be used as an aromatic offering during the prayers.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Practices for Removing Obstacles: Green Tara Prayers

What is the purpose of requesting Green Tara prayers?

This practice is very useful and can help remove obstacles and negative forces for important events like a business meeting, a trip, an exam, etc. It can remove obstacles and help to “clear the path” for property, home, business, or an individual.

Who is Green Tara?

Green Tara is a Tibetan Buddhist deity who embodies wisdom and compassion. Green Tara represents enlightened activity and is the essence of all the 21 Taras of the Tibetan Buddhist tradition. She is the mother of all beings, goddess of the Earth and the heavens, connected on the outer level with the worlds of plants, animals and humans.

Who performs these prayers?

The practice is performed by a lama, monk, or nun.



Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Astrology Chart Reading

Background information about Tibetan Buddhist astrology

The Tibetan astrological system comes from the teachings of the Lord Buddha and has been practiced for centuries. According to the Tibetan tradition, personal astrological charts can be performed annually, or for the past, present and future lives. People can learn from the chart of their past lives and decide what they should do in this life, and what they should do to improve their future lives. For couples planning a future together, their astrological charts can be read and matched. For those who are in business, chart readings can provide them with guidance to make the right decisions to succeed and prosper. Those who are planning to move into a new house can consult astrological charts for the best time to move in. The charts can provide instructions for those who are ill and suffer physically, to perform the appropriate healing prayers and rituals. The astrological charts can also guide the surviving family and friends of the deceased to engage in activities that will be beneficial to the deceased in the next and future lives.

Who performs the astrology readings?

Venerable Tulku Yeshe Gyatso performs the astrology readings. He has studied Tibetan astrology and divination from Lama Nomka Rinpoche and Lama Sonam at the Tashi Kyi Monastery in Amdo, Tibet. He has been doing astrological readings, including the Ling Gesar divination, for Tibetans and Westerners for many years.

Who can receive Tibetan Buddhist astrology readings?

Astrology readings can be done for those who have taken refuge.

What kind of astrology readings can I receive, how long do they take, and what is the suggested donation?

Type of Astrological Chart	Required Time	Suggested Donation
1. Annual	1 week	\$ 100
2. Past, present & future lives	2 weeks	\$ 200
3. Wedding	1 week	\$ 100
4. Business	1 week	\$ 100
5. Moving	1 week	\$ 100
6. Healing	1 week	\$ 100
7. Personal Deities for present and future lives	1 week	\$ 100
8. Bestow Tibetan or Dharma name	1 week	\$ 100
9. Most beneficial meditation practice for your life	1 week	\$ 100
10. Your pets	1 week	\$ 100

How do I request an astrology reading?

You can request an astrology reading through the Sakya Monastery office phone (between 8:00 AM and noon) or e-mail.

What information do I need to provide?

You should provide your name, gender, the year and month of birth, and the type of reading wanted. All information will be kept confidential.

Divination – “Chak-Mo”

What is Chak-Mo?

Chak-mo (or Mo) is a divination technique used in Tibetan Buddhism using a mala or dice. You may bring important yes or no questions to the lama who will find a direct answer for you. Questions may range from issues surrounding the purchase or sale of a house to business, travel, marriage, or relationship decisions. Any doubt that you may want to resolve can be addressed through divination. In situations where there is sufficient information for an individual to make his/her own decision, Mo should not be used as a way of avoiding responsibility.

Who performs the divination?

The divination is performed by the Lama.

Please contact Sakya Monastery office at monastery@sakya.org for suggested donation.

Note: *Donations are suggested price ranges.*

Retreats

Why do a retreat?

In Tibetan Buddhism, there are two broad areas of formal religious activity. The first is teaching and the second is application. Usually, the teaching takes place at a Monastery and the application is performed during a retreat. The purposes of doing a retreat are as follows;

- ❖ Purification of body, speech, and mind,
- ❖ Deity practice for spiritual accomplishments and removing obstacles
- ❖ Helpful for obstacle year (every twelve years)
- ❖ Helpful for periods of bad luck
- ❖ There are some traditional Tibetan practices that are short (3 days) that are especially good for laypeople, such as the fasting practice called Nyen Nay.

Where does the retreat take place?

The retreat takes place at Tara Meditation Center at Earth Sanctuary on Whidbey Island. Please see http://www.sakya.org/Overview_Purpose.htm for more information about the center.

What is the procedure to go on a retreat?

Select the dates you wish to go on retreat and notify the Sakya Monastery office through email or telephone. All retreats for monastery members need to be reviewed by H.H. Jigdal Dagchen Sakya. If the dates are available you will fill out the application and release form on the website at http://www.sakya.org/Rates_and_Reservations.htm. Send, fax, or bring in the application to the Monastery office. Contact the Monastery for information on individual, group or extensive retreats.

How much does it cost to go on a retreat?

For monastery members, the cost is as follows;

Day retreats: \$25/day/person

Overnight stay: \$35/night/person or \$210/week/person