



### USEFUL INFORMATION

The noble silence is kept throughout the retreat. The participants are asked to move slowly and elegantly. There is no personal contact between the participants, and neither reading nor writing. Please see also „Rules“. Apart from the first and the last day, the program starts at 5 am, and ends at 10 pm. The daily routine consists of sitting and walking meditations which alternate, and dhamma talks with full instruction from Michael. After the meals, there are breaks. One to one private interviews with Michael are an integral part of long retreats. All talks and the interviews are in English without translation.

Cushions are available, and at least one blanket per person. There are no meditation stools and no zabutons. However, there are yoga mats that can be used as underlay. If you travel by car, please bring your own equipment. It is advisable to bring loose-fitting clothes and slippers. The dhamma hall is located in a separate building, i.e., there is a short distance to walk outdoors. There are three meals per day included in the room fee. Tea and coffee are provided all day for free. All meals are vegetarian or vegan. Mineral water and other beverages are available for self service and are billed individually. Bed-linen and towels are not included in the room fee. You can bring these or borrow bed-linen for 5 € and/or a towel for 1 €.

If you travel by car, please use „29459 Kassau, im alten Rundling 13“ as destination in your route guidance system. The train station located closest to Seminarhof Drawehn is „Schnega“, the distance is about 5 km. It is advisable to take a cab. The cab has to be booked at least one day in advance. For booking, please call the company „Taxi Kirschbaum“ +49 (0)5844 – 661. When ordering the taxi, please clarify that you want to go to Seminarhof Drawehn because there are several other seminar venues in the area.

If the train is late or you missed it, please call „Taxi Kirschbaum“ promptly.

Also, there is a bus connection between the train station in Uelzen and Kassau. The bus does not go very frequently, however, the bus stop in Kassau is located very close to Seminarhof Drawehn. For details of the bus connection please visit [www.bahn.de](http://www.bahn.de) and enter «Uelzen Bahnhof» as starting point and «Kassau Jiggeler Straße» as destination.

The station in Schnega is frequented at least every two hours by trains from all directions, both on working days and on Sundays. The journey time to Schnega from Hamburg main station is about 1 h 30 min, from Bremen main station about 2 h 40 min, from Berlin main station about 1 h 50 min, and from Hannover main station about 1 h 30 min. The journey back starting from Schnega on Sundays takes about 10 min longer than the outward journey. This applies to all cities mentioned.

To plan your train journey in detail, please follow this link: [http://www.bahn.de/p\\_en/view/index.shtml](http://www.bahn.de/p_en/view/index.shtml) It is in English, and you will find all train connections there. To find the station you need, a bit of German is useful: In German, „station“ is „Bahnhof“, and „main station“ is „Hauptbahnhof“, abbreviated to „Hbf“. For example, when looking for Hannover main station, please look for „Hannover Hbf“. When looking for Schnega train station, please enter „Schnega Bahnhof“.

During the retreat, there will be an English- and German-speaking retreat manager who can be addressed, and who is happy to help if you need assistance.

