

INFORMATION FOR THE YOGIS (INTENSIVE RETREATS)

What to bring

Your essentials for sleeping over at the retreat for 10 days. All the medicines that you take regularly. All toiletries.

What we provide

We will provide bed, pillow and duvet. Breakfast and main lunch are provided and juices after 12 pm. Most of the meals are not vegetarian, and those who require vegetarian food will need to tell us in advance.

When to arrive.

The evening before the retreat starts, if possible. If not, on the morning of the first day.

Where we are.

420, Lower Broughton Road, Salford, Manchester. M7 2GD

How much will it cost?

One centre in a major European city charged 25 Euros per day for an intensive retreat like this. Here, we do not have any fixed charges. But the upkeep of the building of course, needs some funds. Therefore, funds towards these costs and food etc, made payable to the Mahasi Dhamma Fellowships(MDF), will be most welcome. MDF is the charity that is running and supporting this meditation centre. The amount will be up to you to decide.

Best way to come

By Train

Piccadilly Station is your arrival point in Manchester. Best way is to take a taxi ride from there to 420 Lower Broughton Road, M7 2GD (4.3 miles). (A cab fare will cost round about £10.)

By Coaches (national express)

Coaches Station is your arrival point in Manchester. Best way is to take a taxi ride from there to 420 Lower Broughton Road, M7 2GD (4.3 miles). (A cab fare will cost round about £10.)

By Air

Manchester Airport is your arrival point in Manchester. Best way is to take a taxi ride from there to 420 Lower Broughton Road, M7 2GD. (A cab fare will cost round about £30.)

By Bus

Take 98 Bus to Great Clowes Street, Duncan Street from Shudehill Interchange. Turn **LEFT** onto **Duncan Street**. Turn **LEFT** onto **Lower Broughton Road**. The entrance to the Centre is on your left.

Take (10,110 and 93) Buses to Cromwell Bridge from Shudehill Interchange. You cross over a small bridge over the River Irwell . Immediately after the bridge crossing, turn left at the traffic lights into **Lower Broughton Road**; straight on for about half a mile; as soon as you pass Manchester United football practice ground on the left, and after climbing a small gradient for about fifty yards, **420** is on your right.