

Slow Yoga & Qigong: Restore & Explore, Sebastian FL
February 28 – March 7, 2023
FAQ

Hello and Welcome!

Here is some information to help you plan for our upcoming retreat.

Check-in is between 2:00-4:00 pm on Tuesday, February 28th. Our first gathering will be dinner at 5:30 pm and our final meal together is lunch on Tuesday, March 7th. Check-out is right after lunch, so please pack up in the morning. So far, this is our daily schedule. We will all be in Shirdi House, dedicated to our group only. Our Yoga and Qigong and Yoga Nidra sessions will be in a dedicated studio space near the house, or the campus lawn.

Daily Schedule

Early am	Coffee and tea fixings in the Shirdi house kitchen
7:20-7:40	Optional chanting with Ken
7:30-9:00	Continental Breakfast in Small Shirdi Studio
9:15-11:15	Morning session: yin, qigong
12:30-1:30	Lunch in Laxman Dining Hall
1:30-4:00	Free time
4:00-5:00	Afternoon session: qigong, restorative
5:30-6:30	Dinner in Laxman Dining Hall
7:00-8:30	Evening session: yoga nidra/sharing circle

In addition, we will schedule other activities nearer the time, for example, our kayaking trip needs to be scheduled for good weather (Thursday being our preferred choice), as well as any trips we choose to make to the beach, or to Pelican Island nearby. Not included in the package are two dinners, off campus in local restaurants. One will most likely be on Sunday night, and the other will be take-out to be enjoyed outdoors at Kashi, either Thursday or Friday depending on the weather.

When you arrive

Address is Kashi, 11155 Roseland Road, Sebastian, FL 32958. Phone (772) 589-1403.
www.kashi.org.

If you are flying into either Orlando or Melbourne, best to take an Uber, if you're not renting a car for the week. Please follow signs to the office and they will orient you. You will most likely meet with Swami Krishnabai, our main host and long-time Kashi resident. Dinner is at 5:30 pm, so we would like to get everyone settled in their rooms before then. If you are arriving later than 4:00 pm please let us know, so we can let the Kashi staff know. If you want to carpool or share an Uber from the airport please let us know.

Food

Kashi will provide two delicious vegetarian meals a day, served in the Laxman Dining Hall or covered outdoor dining area. Breakfast is continental style and is set up the Small Yoga Studio next door to our dedicated yoga space. They routinely have gluten-free and non-dairy options, which takes care of most people's sensitivities. Nuts are used only in one or two dishes, and they are always sign-posted. Please bring your own favorite snacks if you need to re-fuel between meals. There are supermarkets and drug stores nearby to pick up supplies. If you have any other food-sensitivity issues please make themselves known to Swami Krishnabai when you arrive, and she will help you navigate the food world!

What to bring

We will have a yoga studio dedicated to us for the week and there are mats available for all. But if you are driving from home and have your own favorite yoga mat, props and cushions, please feel free to bring them. Also, five minutes away by car there's an Olympic sized pool where Ken likes to swim laps. Remember, there are beaches close by so that's a possibility also. So pack a bathing suit and also a beach towel.

Internet access

Our house has internet connection. You have to enter the individual passcode to use.

COVID update

Starting with our 2023 retreat, you no longer need to provide proof of COVID-19 vaccination or a PCR test. However, we do ask you to bring a rapid antigen test with you and provide a negative result at the start of the retreat. Due to COVID, on-site groups at Kashi are booked one at a time with limited occupancy, to allow for privacy and social distancing. Kashi follows a COVID prevention plan with a full array of best practices.

Please email if you have questions or concerns.

We are looking forward to seeing everyone!

Blessings,
Ken and Lesli
ken.nelson.phd@gmail.com