

## IRC Information – Insight Retreat (4-7 days)

- **Location:** Insight Retreat Center (IRC), 1906 Glen Canyon Road, Santa Cruz, CA 95060
- **Check-in:** 2 to 4 pm with a Welcome & Orientation at 4:30 pm
- **Last Day:** Retreat ends at 1pm on the last day. Retreatants are expected to attend the full retreat. Exceptions must be approved by the teacher(s) before the retreat.
- **Carpooling is strongly encouraged.** We have limited parking. You will need to log-in or register to use the carpooling board:
  - Select the [carpooling](#) link on the navigation menu of the IRC website, and either log-in or register to use it. You will see a list of scheduled retreats.
  - Or, go to the [retreat](#) page and use the carpooling link next to the retreat you are planning to attend, and log-in or register.
- **Emergency Contact # during retreats: 831-430-9198.** Though no one may pick up, the retreat managers check phone messages regularly.
- **When you arrive:** Drive through the iron gate. **Drop off your luggage at the front entrance**, then park. Enter through the front door; registration will take place in the dining room. You will be given your room number and an assigned work meditation (yogi job).
- **Internet and cellular-free:** In registering you agree to refrain from the use of email, internet or phone during the retreat. The manager is available for responding to emergencies. If you'd like, your phone can be kept under lock and key for the duration of the retreat.
- **Noble silence** will be observed once the retreat begins, except for practice discussions with a teacher or if necessary for work meditation.
- **Dana (generosity):** Our retreats are offered freely at no cost to participants. At the end of the retreat, retreatants have the opportunity to offer a donation to the teachers and to the IRC Retreat Fund. The teachers serve without compensation and are supported by your donations. The IRC Retreat Fund is used for all the operating costs of IRC, including food, supplies, utilities and mortgage, etc...
  - **Donations** may be made by cash, check or credit card.
  - **Checks:** Please write only one check and indicate in the “memo” what portion is to be given to the Teacher(s) and to the IRC Retreat Fund.
- **Cancellation:** If you need to cancel, please let us know as soon as possible, so someone on the Waiting List can take your place. Your deposit is refundable if you cancel 3 weeks before the retreat starts.

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### Accommodations

- **Rooms:** All rooms are private rooms with either communal or shared bathrooms. About half the rooms are carpeted. There is no camping.
- **Wheelchairs:** IRC is wheelchair accessible and is equipped with an elevator.
- **Sheets & Towels:** Bring your own clean sheets, pillowcase, and towels. Blankets and pillows are provided. Some sheets & towels are available to lend to those not able to bring their own.
- **Smoking:** No smoking anywhere in the facility or grounds of IRC.

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### What to Bring

- **No Scented Products:** Mindful of those with allergies or sensitivities, please do not wear scented products, including "natural" scents.
- **Clothing for all weather–Bring Layers:** Indoor temperature is controlled by heating and cooling. There can be large temperature swings between day and night so bring appropriate layers.
- **Umbrella & Rain Gear:** for the fall and winter months

- **Footwear:** Bring shoes that are easy to slip on and off. No shoes in the meditation and walking halls or bedrooms.
- **Check List:** We are not able to shop for items you may have forgotten. Please bring:
  - **Unscented** toiletries: **soap**, shampoo, toothbrush/paste, shaving items, sunscreen, etc...
  - **Bedding:** twin sheets and pillow case
  - Towels: Bath and hand towels and washcloth
  - Medical and personal supplies: Tylenol/aspirin, cough drops, eye drops and lip balm...
  - Sunglasses and sunhat for walking outdoors.
  - Shawl or wrap for the mediation hall
  - Indoor "slipper" shoes or extra warm socks. **(No shoes in meditation hall.)**
  - Flip flops for shower room
  - Flashlight or headlamp (and batteries)
  - Water bottle
- **Meditation Cushions and Mats (Zafus & Zabutons):** Zabutons (mats) and round cushions are provided in the meditation hall. Cushioned chairs are available. The meditation hall floor is uncarpeted. If needed, bring your own bench or special cushion.
- **Laundry:** IRC laundry facilities are not available to retreatants.
- **Poison oak:** Poison oak is common in the area though mostly controlled within the retreat center property. Long-sleeved shirts, long pants, and Technu Soap can help protect you if you are allergic or sensitive.
- **Food:** No Food in the bedrooms. Nutritious vegetarian meals are served. We do our best to provide alternatives for those with medically restricted diets. If needed, you may bring a small amount of your own food. Please see the [FAQ](#) for more details.

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#### **DRIVING DIRECTIONS:** 1906 Glen Canyon Rd., Santa Cruz

- **Carpooling** is strongly encouraged. We have limited parking. Please use our [Carpool Board](#) to offer or request a ride from others on the retreat.
- Travel time from Redwood City is one hour, but cannot account for heavy commute periods.

#### **From North Bay & Peninsula:** Two Options:

- **101:** take **101 South** to **85 South**, go 13.3 mi. to **17 South** for 18.7 mi. See *Directions from 17 South below.*
- **280:** take **280 South** to **85 South**, go 7.8 mi. to **17 South** for 18.7 mi. See *Directions from 17 South below.*

#### **From San Jose & East Bay:** take **880 South** which turns into **17 South.**

#### **Directions from 17 South to IRC:**

- Exit on Mt. Hermon Rd in Scotts Valley. Turn RT onto Mt. Hermon Rd. .3 mi
- Turn Rt at stop light onto Glen Canyon Rd. .5 mile; turn RT to STAY on Glen Canyon Rd. 1.2 mi.
- Turn RT onto Sunny Acres Dr. and **immediately RT** again into the **first driveway on the right.** Go through the black iron gate.

#### **From Santa Cruz:** Two Travel Options: highway or streets

- **Highway 17:** Take **17 North**, Exit on Mt. Hermon Rd. Turn Rt at stop light onto Glen Canyon Rd. .5 mile; turn RT to STAY on Glen Canyon Rd. 1.2 mi. Turn RT onto Sunny Acres Dr. and **immediately RT** again into the **first driveway on the right.** Go through the black iron gate.

- **Streets:** From Ocean St. in downtown Santa Cruz, head East on Water Street; turn left onto Market Street. Drive 0.8 miles to the 4-way stop sign where Market Street turns into Branciforte Drive. Continue on Branciforte for 0.6 miles. Turn left onto Glen Canyon Road. 1.8 miles. Turn left onto Sunny Acres Drive. ***Immediately turn into the first driveway on the right.*** Go through the black iron gate.

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### Airport Information & Shuttle Options

Retreatants are encouraged to fly into San Jose International Airport (SJC). It may be possible to join a carpool for a ride from San Jose to IRC by making arrangements with fellow retreatants in advance, or by sharing an airport shuttle service. Following are some shuttle options available from SJC to IRC. Contact the individual shuttle service for current pricing and time schedules. Travel time from SJC to IRC is about 45 minutes. Quoted costs are for one-way travel fares. Reservations required.

<p><b>Santa Cruz Airport Shuttles</b>            Website: <a href="http://santacruzshuttles.com">santacruzshuttles.com</a>            Email: <a href="mailto:Info@SCEXP.com">Info@SCEXP.com</a>            Phone: 831-421-9883            Cost: from 7am-11pm: \$45/passenger</p>	<p><b>Santa Cruz Airport Flyer</b>            Website: <a href="http://santacruzflyer.com">santacruzflyer.com</a>            Email: <a href="mailto:info@santacruzflyer.com">info@santacruzflyer.com</a>            Phone: 831-423-5937            Cost: \$40/passenger</p>
<p><b>American Shuttle Service</b>            Website: <a href="http://american-shuttle.com">american-shuttle.com</a>            Email: <a href="mailto:Info@American-Shuttle.com">Info@American-Shuttle.com</a>            Phone: 408-259-9500            Cost: \$69/1-2 passengers</p>	<p><b>Early Bird Airport Shuttle</b>            Website: <a href="http://earlybirdairportshuttle.com">earlybirdairportshuttle.com</a>            Email: <a href="mailto:info@earlybirdshuttle.com">info@earlybirdshuttle.com</a>            Phone: 831-462-3933            Cost: \$75/1-3 passengers</p>