



## **Mt.Shasta New Life Awakening Retreat FAQs**

### **Retreat**

#### **Who can attend the retreat?**

This retreat is for adult meditators 18 years and older only, children will not be permitted in the room during sessions without prior permission from the retreat coordinators. Only paying registrants will be allowed to attend the sessions, all others will be asked to leave the area.

#### **Is there anything to be considered, if I am a first time attendee?**

If you have not already been initiated by Yogiraj or by one of his Acharyas, you will have to pay the 'Empowerment Dakshina', in addition to the retreat. There will be an option to pay for this at the time of registration. You will be empowered by Yogiraj on the first day of the retreat. If you have been initiated already you do not have to pay Empowerment Dakshina.

#### **What time do the retreats start and end?**

Generally, the check in for retreats is from 3:00pm - 6:00pm on the first day of the retreat. The retreats ends by 2pm on the last day. This is subject to change, specific times for different retreats will be posted in retreat page and will also be communicated in your retreat confirmation email.

#### **What is a retreat day like?**

It is different for different types of retreats. A tentative schedule will be emailed to you after registration. Schedule will also be provided at the retreat.

During the Benefactors program, there will be opportunity for more personalized instruction, and special sessions with Yogiraj. There will also be relaxed, casual time spent with Yogiraj during day and evening outings to various locations at Mt. Shasta.

For the General retreat, the day starts with Surya Yoga with Acharyas followed by breakfast. There will be empowerments, meditation, and Q and A with Yogiraj as well as sessions with the Acharyas who will teach Siddhanath Hamsa techniques and conduct Kriya and Mahamudra reviews.

Yogiraj will be constantly transmitting healing energy throughout both retreats. Sufficient breaks will be given for meals and free time between the sessions. This will help participants absorb the maximum of Yogiraj's healing, rejuvenation and spiritual evolution transmissions.

Schedule is always subject to change at Yogiraj's discretion.

**What if I have questions before the retreat?**

You can reach us at 1-866-YOGIRAJ or email us @ shasta@siddhanath.org. The organizing team will get in touch with you as quickly as possible.

**Registration****How do I register for a retreat?**

You can register through eventbrite, by clicking the “register now” button that appears on the retreat page. If you have any trouble registering, please contact us by phone or email.

**How do I know if my registration is successful?**

Once you have successfully completed your registration and payment information, you should receive a retreat confirmation email immediately. The organizing team will contact you within few business days after registration. Please make sure to check your email regularly once you've registered.

**When do I need to pay for the retreat?**

Payment for retreats is due at the time of registration.

**Cancellations / refund policy****What do I do if I need to cancel?**

Please contact us through email or phone as soon as you know you'll have to cancel. Our organizing team will help you with details.

**Do I lose any money if I have to cancel?**

Full amount paid will be refunded if you cancel before 60 days. Any cancellation after 60 days will be refunded at 50% of the amount paid up through the 31st day before the event. No refund will be provided for cancellations within 30 days of the event. Please contact us by email or phone for any further questions.

**Accommodation****Is it possible to stay extra nights before or after a retreat?**

SYS does not arrange accommodations either before or after a retreat. If you would like to extend your stay, please make your own arrangements.

**Can I arrive early on the day when my retreat starts?**

You are welcome to arrive early, however the retreat staff will not be ready to check you in until 3:00pm.

**What is a commuter?**

Commuters attend the full retreat. Commuter rates do not include meals and overnight accommodations. There are meals tickets available that include lunch and dinner. This can be purchased in advance at the time of registration. This ticket cannot be purchased after the time of registration. This option is available only for the General Retreat, not the Benefactors Retreat.

**What is a shared room?**

2 or 3 beds and shared bathroom inside room. This option includes meals. Price is per attendee. A very few rooms have up to 4 beds shared. If you are planning to come as a group, you can request this option.

**What is a shared cabin?**

2 or 3 beds and shared bathroom inside the cabin. This option includes meals. Price is per attendee. A very few cabins have up to 4 beds shared. If you are planning to come as a group, you can request this option.

**What is private room?**

Single bed per room and this option includes meals. If you need privacy, this will be the best option.

**What is the McCloud Guest House - special room voucher?**

This is a very limited option available to those who would like to stay in rooms inside McCloud guest house where Yogiraj stays. This ticket is by invitation only and must be purchased additionally.

**How are the rooms assigned? How do I know where I will be staying?**

There are variety of accommodations offered at McCloud. Accommodations will be assigned based on first-come, first-served basis. Assignments will be communicated at the time of registration.

**How are the roommates assigned?**

At the time of registration, there will be an opportunity to disclose any preferred roommates. We will attempt to accommodate this preference. If no preference is stated, same gender roommates will be generally assigned together on a first-come first-served basis.

**FOOD****What is the food menu and policy?**

The food menu is included in retreat details. It will also be sent in the confirmation email after registration. Please review it carefully. If the meal plan does not meet your dietary restrictions, please choose the accommodation option that includes meal plans and contact us.

Meals include lunch and dinner. Juices, tea and water will be provided.

Most of the lodging accommodations come with breakfast. For participants in lodging that do not provide breakfast, breakfast will be served at Great Room or Cafe located in the Mercantile Hotel from 8:00am-10:00am.

**What to bring****What should I bring to a retreat?**

The climate varies throughout the day, so plan to dress accordingly. It is usually colder in the mornings and evenings, and may become hot mid-day. Bring loose, comfortable clothing that can be layered. White and/or light colored clothing is strongly suggested.

**Do I need to bring my own tent?**

If you choose the tenting option, please bring your own tent and bedding.

**Do I need to bring my own meditation asan?**

Yes, please bring a pillow or other comfortable cushion/yoga mat to sit on during the satsangs. There will also be chairs in the main hall if you need one, and we will try to provide chairs when needed outside of the main hall.

**Weather During Retreat**

McCloud/Mt. Shasta averages 90 degrees (day) and 49 degrees (evening). McCloud elevation is 3,271 ft. Humidity is 27% to 38%, Precipitation is 0%. Wind factor is slight, and skies are clear. Please check the weather before retreat.

**Clothing**

McCloud is hot during the day with very little wind. At night it can get chilly. Make sure you have a warm jacket and socks as we will spend time outdoors in the evening.

For maximum benefit, for receiving and absorbing Yogiraj's transmissions, please wear white or light colored clothing. Clothing should be comfortable but conservative in cut. Please do not wear shorts or tank tops.

**Transportation**

McCloud is located in Northern California off Highway 89, on the southern slope of Mount Shasta.

**Driving directions****Coming from the North:**

Head down south on I-5

Exit 89 East McCloud/ Reno

Turn Left on Minnesota Ave.

Turn Left on Main St.

The Mercantile is located on the left-hand side

**Coming from the South:**

Head up north on I-5

Exit 89 East McCloud/ Reno

Turn Left on Minnesota Ave.

Turn Left on Main St.

The Mercantile is located on the left-hand side

**Coming from the East:**

Off Hwy 89

Turn Right onto Broadway (downtown McCloud)  
Turn Left onto W Minnesota  
Turn Right onto Main Street  
The Mercantile is located on the left-hand side

**Coming from the West:**

Off Hwy 89  
Turn Left on Minnesota Ave.  
Turn Left on Main St.  
The Mercantile is located on the left-hand side

**By Air - International airports near McCloud, CA**

208 miles: Reno, NV (RNO / KRNO) [Reno-Tahoe International Airport](#)  
220 miles: Sacramento, CA (SMF / KSMF) [Sacramento International Airport](#)  
286 miles: Oakland, CA (OAK / KOAK) [Oakland International Airport](#)

**Domestic airports near McCloud, CA**

75 miles: Redding, CA (RDD / KRDD) [Redding Municipal Airport](#)  
97 miles: Klamath Falls, OR (LMT / KLMT) [Klamath Falls Airport](#)  
104 miles: Medford, OR (MFR / KMFR) [Rogue Valley International-Medford Airport](#)  
138 miles: Chico, CA (CIC / KCIC) [Chico Municipal Airport](#)  
212 miles: Crescent City, CA (CEC / KCEC) [Del Norte County Regional Airport](#)  
213 miles: Eureka, CA (ACV / KACV) [Arcata-Eureka Airport](#)

**Local airports near McCloud, CA**

27 miles: Weed, CA (VWM) [Weed Airport](#)  
53 miles: Montague, CA (SIY / KSIY) [Siskiyou County Airport](#)  
66 miles: Dorris, CA (WQH) [Butte Valley](#)  
66 miles: Fort Jones, CA (A30) [Scott Valley Airport](#)  
66 miles: Dorris, CA (A32) [Butte Valley Airport](#)

**By Train**

Dunsmuir is the Amtrak stop closest to McCloud. Dunsmuir is 20 minutes away from McCloud by car. There are buses that also go from Dunsmuir to McCloud. Please use google maps for bus directions.  
[https://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station\\_Page&code=DUN](https://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station_Page&code=DUN)

**Shasta Shuttle**

You can take the Shasta Shuttle to McCloud from Sacramento, Redding, Medford or Dunsmuir. You will need to arrange for shuttle pick up through the Shasta Shuttle website.  
<http://mtshastataxi.com/>

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