



Salt Spring Centre of Yoga

50th Annual Community Yoga Retreat

Frequently Asked Questions

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Packing List

Q: I am attending this year's Annual Retreat. What should I bring with me?

A: See below for more information on what to bring – or not to bring – with you to the Salt Spring Centre's of Yoga Annual Retreat.

What to Bring:

- Your own **yoga mat** (if possible). We are expecting over 300 people and have less than 100 mats available for guest use!
- A reusable **water bottle** and/or a **mug**
- Health and safety items, such as prescription medications - including EpiPens. **The Centre does not carry or administer EpiPens**
- Visa or Mastercard or cash for Jai Store or Latte Da purchases - we cannot accept debit card or credit-debit card payments
- For more packing tips, see the "**ACYR Packing list**" (*attached*), particularly if you are camping

What ***NOT*** to Bring:

- No fire sources (candles, camping stoves, incense, etc.) due to the high fire risk.
- Please avoid strongly-scented oils and cosmetics.
- Absolutely no alcohol or recreational drugs.
- Please do not bring pets of any kind. The only animals that are permitted are medically-approved guide dogs.
- Smoking is not permitted on the property.
- We are a lacto-vegetarian community – no meat, poultry, seafood, and eggs on the property.

Meals / Drinks

Q: I have a food allergy / preference. How are meals prepared?

A: Gluten-free and non-dairy alternatives are available at each meal. If you have other restrictions, please check the menu posted at the meal tables for more information. If you have any questions, please ask the servers.

Q: I have a severe food allergy. Can you still accommodate me?

A: While we can prepare meals without using common allergens, it is next-to-impossible to control the kitchen environment enough to ensure no cross-contamination.

If you have a severe allergy, please ensure that you bring allergy medication, such as an EpiPen. *Please note that the Centre does not carry or administer EpiPens.*

Q: Is there somewhere that I can fill my water bottle?

A: Yes! We encourage everyone to bring a reusable water bottle and fill it throughout the day to stay hydrated. All tap water on the land is filtered (except on the farm).

Taps for filling water bottles are located at the tea bar in the Program House dining room and back patio (outside the Dish Room door). If you aren't sure where you can fill your water bottle, please ask!

Q: Is there somewhere I can buy snacks & beverages between meals?

A: The Latte Da concession will be open frequently throughout the retreat and will sell a variety of yummy beverages and snacks. For the Latte Da opening hours, see the retreat schedule. Payment can be made by credit card (Mastercard or Visa) or cash.

General FAQs

Q: Is there internet or cell phone service at the Centre?

A: Cell phone service on the land is almost non-existent! There is wifi at various spots on the land so you can communicate via apps such as WhatsApp or Signal. Some guests may be able to use wifi calling (dependent on carrier and phone plan)

Q: I was planning to bring my RV and/or electric vehicle. Is there a place where I can plug in?

A: Due to the high number of attendees at this year's retreat, we need to carefully manage our use of electricity and water.

- There are no RV hookups available onsite
- The Centre does not have any electric vehicle plug-ins. However, there are numerous EV charging stations elsewhere on the island!
- No guest access to laundry

Q: I spotted a black cat wandering around the property. Is he friendly?

A: Prince of the Garden lives in the Centre and he is very shy. He does best when people do not approach him - he gets overwhelmed by a lot of human interaction!

Q: I would like to take a morning walk on the Centre property. Are the trails open to guests?

A: Yes. The Centre property features two beautiful walking trails that start in the campground just beyond the school. You may wish to bring running/walking shoes. Guests are also welcome to visit the farm and garden spaces.

Please ensure the ***farm gates are closed*** at all times!! The deer will happily enjoy the gardens and produce if the gate is ever left open. Children must be accompanied by an adult on the farm

Q: I am travelling from the United States. Can I pay with a US credit card or cash?

A: We can accept payment via Visa or Mastercard. We cannot accept American Express or Diner's Card.

While we prefer to deal in Canadian currency, US cash will be accepted at par and change will be given in Canadian dollars.

Q: I've never been to the Salt Spring Centre of Yoga before. How do I get there?

A: For directions to the Centre, visit <https://saltspringcentre.com/connect/getting-to-salt-spring-centre-of-yoga/>

Annual Retreat / Sanskrit Terminology

Are you new to the Salt Spring Centre of Yoga and the Annual Retreat? You may hear some terms that you're not familiar with. See below for some ACYR terminology!

Arati: A devotional ceremony of Light, offerings and prayers to the aspects of Divine energy. Balancing all of Nature, within and without.

Asana: "Asana" refers to physical yoga classes

Hanuman Olympics: A fun sports afternoon for kids and adults

Latte Da: The Latte Da concession booth will be open at various times throughout the retreat. Check the retreat schedule for open hours.

Latte Da Talent Show: Our talent show is open to the public for drop-in and will be hosted next to the Latte Da building.

Jai Store: The Jai Store will be set up in the Dining Room of the Program house and will sell items such as Babaji's books and Annual Retreat T-Shirts.

Kirtan: Devotional singing, usually accompanied by musical instruments

Pad Kirtan: Literally means “singing while walking” and it’s the wake-up call!

Pranayama / Meditation: Pranayama essentially means, “breath control”. There will be a beginners’ class and an intermediate class

Ramayana: A musical version of the epic Ramayana story

Satsang: Satsang means ‘gathering in truth’. The program consists of kirtan (call & response chanting) and Babaji reading. The response is as important as the call. It makes an automatic pranayama, creating a collective energy.

Satsang Room: The Satsang Room is the large yoga studio space on the main floor of the main house (Program House)

Shat Karma: Internal yogic cleansing practices to remove toxins, boost immunity and purify subtle nerve channels for Yoga practice.

Yajna: Yajna is an ancient Vedic ritual with offerings, prayers, and mantras all supporting peace for the individual, as well as peace for the planet. It serves to focus the mind and open the heart, reminding us of our connection to a greater whole.