



WELCOME TO PALUGO FARM Sustainability. Expeditions. Experiential education.

For the fourth consecutive year, we welcome all the participants to the retreat **CULTIVATING WISDOM AND COMPASSION**, conducted by Janet Evergreen.

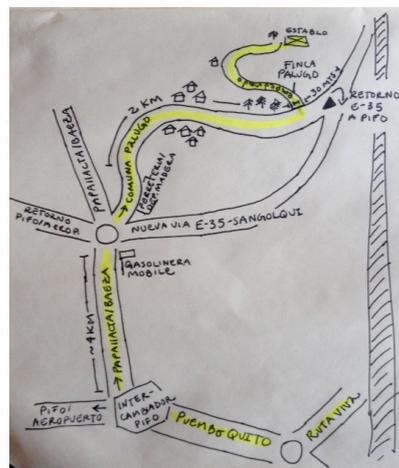
General information:

Palugo farm is located at 30mn from Quito. Our place is an oasis near the city, dedicated to permaculture and sustainability, experiential education and providing a space for sharing and spreading different kind of knowledge. Those living and working at the farm share a common vision: a path towards a lighter world. We believe in the necessity to change habits and promote the interconnectedness with the earth, for more respectful and conscious relations. Our gardens provide healthy food for more than 40 families each week. Animals are herding freely and are a built-in part of our development. Construction and housing have been thought to adapt to the surroundings, implementing low impact materials and inspired by the traditional knowledge of local people.

For more information on our project, visit us here: <http://www.nahual.com.ec/>

How to get there:

Take the road to Pifo, in direction to Papallacta. After passing the gas station Mobil, you'll arrive to a roundabout (1st exit: new road E35 to Pintag; 2nd exit: Palugo; 3rd exit: Papallacta-Tena). Take the second exit on the right towards Palugo's commune. 300 meters after passing the commune, take the only entry you'll find on your left (BEFORE YOU JOIN THE NEW ROAD). Keep going up on the stone pavement for 5mn, until you arrive to a stable. Please park in an orderly way, we will be waiting for you there.



NAHUAL: PO Box 116232 Quito Ecuador, Telefono (593 9) 3587028
E-mail: NAHUAL.EXPEDICIONES@GMAIL.COM

fotos y diseño web: Nahual





Facilities and lodging:



The lodgings Palugo offers are shared cabins with bunk beds and bedding. Remember that it is a shared environment with simple and comfortable facilities. Water comes from a watershed and food is cooked in a beautiful wood oven, using organic products from the farm. We have compost toilets and solar panels for the shower's hot water. The common room is called El Chozón. It is where the retreat's sessions are held. We have a comfortable laundry to hand wash your clothes. The farm offers different trails to have daily walks in nature.

We recommend:

- Comfortable sandals/Crocs, to get from the cabin to the Chozón
- Walking shoes and rubber boots (we can lend you the boots)
- Warm clothes (it is cold at night!) Poncho, wool hat, wool socks, warm pullover.
- Sun hat, sun cream and repellent (a natural one is better).
- Water bottle
- Torch
- Ruana or extra blanket
- 2 or 3 changes of comfortable clothes
- Towel and personal bath accessories
- Little backpack or luggage to keep your personal belongings (we provide one basket per person)
- If you are sensitive to the noise of a shared bedroom, we recommend you to use ear plugs
- A comfortable cushion for long sitting meditations

CONTACT INFORMATION AND IN CASE OF EMERGENCY:

1. Marcela Restrepo- 0998417309
2. Casa Palugo- 2380209





**REGISTER FOR:
CULTIVATING WISDOM AND COMPASSION**

DATES:

WHERE: PALUGO FARM, PIFO

COST: \$405 (lodging and food included)

TO REGISTER PLEASE MAKE A DEPOSIT AT THE FOLLOWING BANK ACCOUNT AND SEND THE PAYMENT CONFIRMATION WITH YOUR REGISTRATION FORM TO:

Marcela Restrepo- marres000@gmail.com

Bank account (cuenta de ahorros): 12004040789

Bank: Produbanco

Under the name of: Nahual

R.U.C. (oficial registration number): 1792088151002

REGISTRATION FORM:

Name and Surname:	
Age and Gender:	
Nationality:	
Special food Requirements:	
Important Health Data:	
Email:	
Cell Phone:	
Emergency Contact:	Name: Phone:

Any other considerations/ observations you would like us to know:





CULTIVATING WISDOM AND COMPASSION: Important information for participants

CONDUCTED BY JANET EVERGREEN

Place: Palugo farm, Pifo

Dates: July 19th-29th, 2018

Retreat Boundary

1. Noble Silence at all times for everyone. Staff will speak only when needed.
2. Communication to staff by written notes only. There will be a place in the kitchen provided.
3. Larger questions, comments, or written notes go to Janet and/or personal interviews, available daily.
4. Nurturing the container- Guard leaks to Noble Silence and deep process. Zero phone calls, texts, or checking emails. Tell your family and friends in advance. Pelugo provides the emergency number and email.
5. Emergency communication possible after check in with Janet.
6. Cultivate our giving birth to group Samadhi with continuous Noble Silence. Please refrain from passing notes; brief notes to Janet are the exception.
7. Colds and spreading germs care - please wash hands frequently - especially if handling food or in kitchen

When is speaking part of Noble Silence?

As part of the daily teaching times, there will be space to ask questions and learn together.

Each day there are two periods of Zapchen where there will be instruction, somatic based dialogue and contact with others.

In the evening daily, someone will be invited to share a dream. As community we will enter the experience and share in deep dialogue from our somatic experience.

Janet with a translator offers daily 15 minute interviews for individuals to ask personal question and receive support.

Frequently the interviews are combined with a beautiful walk on the farm.

Announcements:

Complete your registration with Palugo. Make sure that you read the information package (*information attached and registration form*).

Make your payment on time and send confirmation (*registration form*).

Donation to the INEPE School: In the US through the INEPE Donate Button found at:

<https://openhands.avenue.org> or in Ecuador to the following account:

Name: INEPE

Bank: Pichincha

CTA Ahorros N°: 6133635800

RUC: 1791283619001

Donations can be made at any time. It is auspicious to give your offering as part of the Closing Ceremony.

Arrival:

Arrive on time for Lunch and Orientation on Thursday July 19, 12:00-2:00 PM

What to bring:

Sacred objects for the retreat Sanctuary, pictures of teachers and family.

towels, blankets, diary, smoke offering for the last day ceremony.

Cell phone turned off, no email consulting.





(Personal pack list attached with information and registration form)

When leaving:

Leave your bed sheets and towels in the laundry room.

Fold the blankets.

Check that you have all your belongings (form the room, bathroom, Sanctuary, kitchen, etc).

Remaining schedule:

Saturday, 28th of July, at 5pm, gently come out of Noble Silence for diner, keep on with your practice.

Sunday, 29th of July: Last day of the retreat

7 a.m. - Smoke offering

8-10 a.m. - Breakfast and preparation for the Tsok offering.

10-1 p.m. - Tsok offering/ Lama Chopa practice. Offer food, blessing invocations, eat a delicious food and take the blessings with you!

1-2 p.m. - Clean up, pack cars, orient to outside world and drive safe.

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