

Living Your Truth

Retreat FAQs

Where is the Himalayan Institute located and how do I get there?

The Himalayan Institute is located in Honesdale, PA, approximately a 4-hour drive from Buffalo. Participants will be responsible for their own transportation, but I am happy to help connect people for carpooling!

What are the rooms like at the Himalayan Institute?

The rooms are simple, functional and comfortable. There are a variety of room types to choose from, including shared rooms, single rooms, rooms with en suite bathrooms and rooms with bathrooms down the hall. All the shared bathrooms at HI are private, with a toilet and shower.

How does sharing a room work?

If you know who you want to share a room with, your best option is to call HI to make your reservation for both people at the same time. If you want to share a room, but don't have a roommate in mind, HI will reserve a space for you in a room with 2 twin beds and assign you a roommate of the same gender (just like college!).

What if I have dietary restrictions?

All the meals at HI are vegetarian. There are always options for those who are vegan, gluten-free and dairy-free. If you have other dietary concerns, please contact HI directly at 800-822-4547 x1.

Is there alcohol or caffeine available?

There is no alcohol for sale on the HI campus and students are not permitted to bring alcohol. Caffeine-free tea and hot water are available in the lounge 24 hours a day. Regular coffee, tea and espresso drinks are available at the Sacred Grove Cafe and MOKA Origins for purchase; however, their hours vary and they may not be open when you want caffeine! If you require caffeine, I would recommend bringing your own tea bags and/or instant coffee and using the hot water available in the lounge.

What do I need to bring?

You will need comfortable clothes for yoga and similar movement practices, and shoes appropriate for hiking on a groomed trail. Please bring a yoga mat and a notebook/journal. All other yoga props are provided by HI, including straps, blocks, blankets and bolsters. HI also provides bed linens and towels. You might also consider bringing:

- Sunscreen, sun hat and bug spray
- Earplugs, especially if sharing a room
- A bag or basket to carry your toiletries and a bathrobe if using a communal bathroom
- A swimsuit (no pool, but swimming is available in Sunset Pond)
- A travel mug and/or water bottle

I'm traveling light. Do I really need to bring a yoga mat?

HI recommends that each student brings their own mat. Mats can be purchased at the MarketPlace shop, but their hours vary. If you are truly unable to bring a mat (if you are flying, for example), please email jennifer@newskywellnesswny.com for assistance.

If you have any questions not addressed here, please email
jennifer@newskywellnesswny.com.