

**Chakra Institute**  
**Three-Bodies Purification**  
*Thursday, September 29 – Sunday, October 2 (3-Day Retreat)*  
*Thursday, September 29 – Tuesday, October 4 (5-Day Retreat)*  
**Light on the Hill Retreat Center**  
**Van Etten, New York**

**Retreat Rates and Registration Procedures.**

3-Day: \$580 (early registration price: \$522)  
5-Day: \$880 (early registration price: \$792)

Rates include a **non-refundable \$200 deposit** to secure your place. Accommodation, dietary supplements and purification meals are provided in the total registration cost.

Please submit your deposit (or full registration fee) along with both registration forms as soon as possible to secure your place. Early registration discount fees will be applied to those who submit payment *and* forms on or before August 15, 2016. Full registration fees must be paid in full by the end of the retreat.

**Online Payment.**

If paying by card, please use Chakra Institute's online store:

<http://its-store.pinnaclecart.com/retreats-workshops/>

In the Retreats and Workshops category, add to your cart either: 3 Days, 5 Days, or Light on the Hill deposit and then click Checkout in the upper right-hand corner of the screen. Note that it is not necessary to create an account to use the online store. You may opt for guest checkout. After checking out, don't forget to email your completed registration forms to: [admin@chakrainstitute.com](mailto:admin@chakrainstitute.com) to complete the registration process.

**Early Registration.**

For those paying full fees at the time of registration, please add in the promotional code **3BPEARLY16** in the box under the subtotal on the checkout screen to receive your 10% discount *before the early registration deadline*. If you are paying just the deposit at the time of registration and are registering before the early registration deadline, you do not need to add in any code. Your discount will be applied when full fees are paid at the end of the retreat. Similarly, if you are paying by check or money order, no additional steps are required. Simply mail your payment and submit your forms by the early registration deadline to benefit from the discount.

**Check/Money Order.**

Check or money order payment should be made out to "Chakra Institute". Please mail your deposit or full registration fee payment along with your forms to: Chakra Institute, PO Box 34, New Hope, PA 18938-9309. You may also email your registration forms to: [admin@chakrainstitute.com](mailto:admin@chakrainstitute.com).

Questions? Please contact Chakra Institute  
Email: [admin@chakrainstitute.com](mailto:admin@chakrainstitute.com) – Phone: (New Hope office): (215) 689-2006

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**Accommodation.**

Retreat guests will be staying in Light on the Hill's Inner Light Lodge, a uniquely designed facility with large windows overlooking a sweeping view of rolling hills and meadows. **All guests will be allocated their own private room.** Sheets and bath towels are also provided. Should you have special accommodation requests or needs, please indicate this on your registration form. There are walking trails just outside the lodge, a labyrinth, a firepit and Stillpoint Sanctuary, a beautiful small chapel for personal prayer, meditation, and grounding. For photos and more information about the Inner Light Lodge, please visit: Light on the Hill.

**Items to Bring.**

Please pack comfortable, loose-fitting cotton clothes with a clean set for each day and additional layers for cooler mornings. Additionally, you may wish to pack exercise clothes for yoga classes and/or appropriate hiking gear for walking trails.

Suggested items to pack:

- Slippers or heavy socks (shoes are not permitted indoors)
- Comfortable walking shoes
- Personal toiletries
- Insect repellent
- Outdoor towels for swimming and/or sweat lodges
- Shawl
- Umbrella/light rain gear
- Flashlight
- Blank notebook and a pen

**Pets, Alcohol, Children.**

Light on the Hill requests that you leave these at home.

**Connectivity.**

Please note that although cellphones should work on the property, minimal use is requested. Internet may only be used in special circumstances.

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**Transportation.**

Light on the Hill Retreat Center  
209 Blake Hill Road  
Van Etten, New York 14889  
(607) 589-4419

**By Car.**

Accessible by car, Light on the Hill is located exactly 1 mile up Blake Hill Road. To reach Inner Light Lodge, go one mile up Blake Hill and make your first left after the beige-colored house. Ahead of you, you will see the lodge, where you can check in.

**WARNING:** Many GPS systems give incorrect directions when arriving from the East (Spencer). Be sure NOT to turn on Langford Creek Road from Route 224. Instead, keep going another mile to Blake Hill Road. If you are driving from the Northeast (Ithaca), your GPS may ask you to take Shafer Road and then Langford Creek Road, in which case you should take Langford Creek to the stop sign at Rote 224 and then make a right.

For specific driving instructions, please see [Light on the Hill's "Getting Here" page](#).

**By Airplane.**

The closest airports to Light on the Hill are:

- Elmira or Ithaca (each 30 minutes away)
- Binghamton (60 minutes away)
- Syracuse (1 hour and 45 minutes away)

**Arrival/Departure Time.**

Please make arrangements to arrive on time on the first day of the retreat at **6pm on September 29** to receive your welcome cocktail. Inner Light Lodge will not be open until this time, so earlier arrivals are not advised. The first class, detailing the procedures of the purification diet and retreat will take place at 6:30pm, so this is not to be missed. Shyamji's first class will take place at 7:30pm.

Departure is required between noon and 2pm (after lunch) on the final day of your retreat program. Please do your best to make travel arrangements in advance that honor these requested arrival and departure times.

Let us know in advance if you have any scheduling conflicts or if you will require further assistance with your travel arrangements. We look forward to seeing you soon!

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