

Seed of Life Level I September 18-24, 2010-ITALY

Useful Guide for Your Participation

- We highly recommend that you print this document and keep it handy -

Deadlines for Registration

Friday, July 30, 2010 (Cash Discount)

Friday, September 3, 2010 (All Registrations)

The following information will help you plan your trip to Arizona and the workshop venue. It will also let you know what to prepare before you arrive and what to pack. Also included is lodging information and logistical details about the one week workshop. If your question is not answered below, then please email us at info@merkabah.it However, we have prepared this document to answer most questions so please read it carefully before contacting us. Thank you!

To get this Useful Guide in PDF format, [click here](#).

SECTION 1

CONTACT INFORMATION FOR FOL and the SOL Staff

The Flower of Life Research Office will take care of all registrations and payments. We are very hard to reach by phone, so please read this contact information carefully and put it in a safe place in case you need to reach us regarding your registration or your travel to ITALY.

RODOLFO CITRO

Via Chiusa, 19 - 84034 - Padula (SA) - ITALY

Private Tel. + 39 335 528 54 62 / Fax for this workshop: +39 06.89.28.06.86

Email: corsi@merkabah.it (Email is the best way to reach us).

General Note: *If you call and no one answers, please leave a clear message with your name and phone number (including the area code). The message service is often not clear so be sure your information is stated clearly - thank you!*

MIRI PIRI (the retreat venue)

We are offering you MIRI PIRI's contact information, so you can leave it as reference for your family and/or friends or in case you need to contact us before the workshop begins. (The staff will most likely be staying at Miri Piri one day before the workshop begins.) Since we will be busy coordinating all the logistics for this course (including room assignments for the participants, food menus, etc.), we ask you to call us only in case of an emergency. (For example: if there is an unexpected problem with your trip.) Thanks for your kind cooperation! Shortly before the workshop, we will send you a cell phone number at which you can reach us as well.

MIRI PIRI

Indirizzo: Loc. Pigazzano - Via Sborzani - Travo (PC)

Tel.: +39 0523 958066

Tel.: +39 02 6887171

Mobile: +39 349 2403166 (Sat Sangat - Carlo)

Email: miripiri@miripiri.eu

www.miripiri.eu Attn: Sat Sangat (Manager)



A FEW DAYS BEFORE THE WORKSHOP

The last day that our office will be open on a regular basis, will be **Tuesday, September 14, 2010**. However, we will be checking messages and emails in between preparation tasks, so please leave a message or send an email and we will answer as soon as we can.

On **Thursday, September 17**, the staff will arrive at Miri Piri to make preparations. We will give you a cell phone number at which to reach us for that time - or you can call Carlo (the manager at Miri Piri) at the number above.

***Note:** Participants may be able to arrive early at Miri Piri retreat. If you need to check in one day early, please contact Miri Piri directly at the contact info above.*

SECTION 2 PLACE AND DATE OF THE EVENT

The Seed of Life Workshop Level 1 will be held from September 18 (Saturday) to September 24 (Friday) 2010, in Travo, located in the Region of Emilia-Romagna - Province of Piacenza, around 1 hour from Milano, and around 40 minutes from Bologna.

. The workshop will begin at 4:00pm on Saturday, September 21. It will end on Friday, September 24, around 10:00pm (or later!). On Saturday, September 25, we will just have a farewell breakfast and all participants will have to leave the retreat center after breakfast. If you need to stay extra time at the retreat center, please make those arrangements directly with Carlo at Miri Piri retreat.

SECTION 3 GENERAL RECOMMENDATIONS FOR ARRIVALS AND DEPARTURES

By Plane: If you are flying to ITALY, the closest airport is in Milano (Malpensa o Linate).
From Linate: by public bus or taxi reach the Milano's Central Railway Station (Stazione Centrale) which is at about 20 minutes.
From Malpensa: you may reach the Milano's Central Railway Station (Stazione Centrale) by train or by coach.

By train: take a Malpensa Express train up to the Stazione di Milano Nord/Triennale Cadorna. Then continue in direction of Gessate/Cologno by a Metro (Line 2 - Green) for 5 stations. Once there find a train to Piacenza (there are many trains to Piacenza). From this station we have a special agreement with a Taxi service which can be contacted at this mobile number (+39) 328-9162540 (Mr. *Santino Ancarani*). *The cost of the taxi from Piacenza Station to Miri Piri is 40,00 € each trip (max 4 people).*

By Coach: Malpensa Shuttle every 20 minutes (at 00-20-40 of each hour). The journey lasts about 50 minutes. Ticket price is Eur 7,50. (one way)

Departure from the Arrival floor - in front of Exit Gate Nr. 5

From Milano Central Station there are many trains to Piacenza. For departures information please go to the website of the Italian Railways Company www.trenitalia.it

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ARRIVAL

Since the workshop begins at 4:00pm on March 21, we recommend that you arrive at Miri Piri between 1-3pm on September 18 for check-in. Lunch will not be served, so you will need to eat lunch on your own before you arrive. The first meal of the day will be dinner, served at around 7:30pm.

Upon arrival, please check in at the office with the manager Carlo Pedrazzini, and receive your room assignment. We expect a large group, so it is best if you do not arrive at the last minute. All rooms at Miri Piri are shared with either 2 or 4 people. They are roomy and quaint and perfect for a retreat such as this one. After check-in, you are free to walk the grounds and meet other participants until the beginning of the workshop.

The large classroom is located at the upper floor of the main structure. We ask that you do not enter the classroom until we open the doors, as we will be inside getting ready for your arrival.

DEPARTURE

On Saturday, September 25, our group will depart after breakfast. If you are taking a taxi to Piacenza Railway Station, please do make your reservations well in advance and be ready at the pick-up time. Please be sure to check out with the office before you leave. If you have any outstanding bills (such as for massage service, extra nights, etc.), they will need to be paid at that time.

SECTION 4 **DRIVING TO MIRI PIRI RETREAT**

Motorway/Autostrada A1 - Exit at the Piacenza south (Piacenza sud) (toll motorway); turn left in direction of Parma. Then follow the indications to Bobbio-Genova (it becomes the SS45 road) and drive for 25 km. Just past the town of Rivergaro, turn right to Rivalta-Croara, then turn again right and follow the signs for Pigazzano; turn left to Pigazzano. Just in front of the Bar & Trattoria restaurant in Pigazzano, turn right and after 500 metres turn left in direction of Sborzani. The last 900 metres is dirt road.

Google Maps - see also Google Map on Miri Piri website (www.miripiri.eu/map)

SECTION 5 **REGISTRATIONS AND PAYMENTS**

Please see all the details about prices, payment options and registrations provided in the General Menu for this workshop. *We highly recommend that you complete your registration as soon as possible, because the group quota for this workshop is limited.* The final deadline for all registration is Friday, September 3, 2010. The deadline for the cash discount is Friday, July 30, 2010.

SECTION 6 **REQUIRED READING**

The required reading information is provided in the General Menu for this workshop. Reading the articles by Ron Holt will help you greatly to understand his main lectures during the workshop!

SECTION 7 IMPORTANT INFORMATION FOR YOUR PARTICIPATION IN THE WORKSHOP

THE CENTER - MIRI PIRI - Sborzani di Pigazzano - Travo (PC) ITALY

Miri Piri is located one hour from Milan (Italy) in the hills of the protected reserve of Mount Pillerone, 450 mt. above sea level. Miri Piri, which means 'the Energy of Heaven and Earth' is a 1,000 square-metre rural village which has been fully restored using ecological materials in accordance with eco-architecture and renewable energy sources.

Miri Piri can host up to 50 guests.

All rooms have an en-suite bathroom. Miri Piri has multi-functional communal spaces and a 130 square meters open plan space overlooking the forest for activities such as: yoga, tai chi, and other holistic disciplines.

Vegetarian cuisine.

Miri Piri is the authentic restoration of the rural village of Sborzani: a group of properties which were in an advanced state of disrepair. Following restoration, Miri Piri has become a residential centre for seminars, workshops, and conferences of holistic activities such as yoga, tai chi, martial arts, dance etc

The restoration was carried out in accordance with the criteria for eco-architecture, eco-construction and the principles of feng shui. For detailed infos visit:
<http://www.miripiri.eu/structure>

LODGING

Miri Piri Retreat offers 14 comfortable heated and air conditioned rooms with varying features. All the rooms have private baths. Miri Piri is a quiet place for relaxation and meditation. Depending upon the number of registrations, participants will be housed in rooms with 2 or 4 people of the same gender. Single rooms cannot be guaranteed, and depends upon the final number of registrants. If you absolutely must have a single room, please state your preference on the registration form in the rooming section. Only if space is available after registration closes will we be able to confirm single room requests.

Note: Please tell us your roommate option in the Registration and Payment Form provided for this workshop.

THE FOOD

The food will be very healthy and natural, and served as a buffet. The center offer vegetarian cuisine. If you have dietary restrictions or allergies, please state them on the registration form, as they most likely can be accommodated. We will have breaks during the day. Coffee and tea are always available, along with fruit and/or small snacks. You can bring a covered plastic bottle or container to take beverages to the classroom or to your room. Please also bring your favorite snacks as well

MIRI PIRI RETREAT- CELL PHONE AND WIRELESS

There is normal cell phone reception in Miri Piri Area, so you may bring your cell phone to make and receive phone calls. (Don't forget the charger, too!), So if you bring a laptop or internet-connected phone, you should have no problem connecting. However, we do recommend that participants stay 'unplugged' as much as possible during the workshop, to take advantage of the sacred work we will be doing. We recommend that you utilize the internet connection for necessary communications only.

WORK SCHEDULE AND SOME SPECIAL REQUESTS

The work we will be doing during the workshop will be exhausting and sometimes emotional and will require all of your dedication and concentration. In fact, one week is barely enough to undertake all the subjects we have to cover. For this reason, we ask you to be PUNCTUAL at the beginning of each session, and always listen for the classroom bell, which will be rung when the session begins. The days will begin at 9:30 a.m. and there will be enough breaks to have some snacks and go to the bathroom, as well as to have breakfast, lunch and dinner. *Please leave the classroom only if it is absolutely necessary.*

The general hours of the workshop will be 9:30 a.m. to 10:00 p.m. every day, with meals served during that time and with enough breaks to take some snacks and go to the bathroom. However, because of the nature of the activities, it is possible that we may have some very late nights. Please be prepared for the unexpected!

Activities will include: lecture, meditation, exercises and outdoor work (including one main activity that will be held no matter the weather conditions!). Also included will be a morning exercise program of Korean-style yoga that some of you are familiar with from our past workshops. (Don't worry - this gentle program is good for all fitness levels). During the workshop you will receive all the necessary information about the schedule for each day.

Massages are available on the property by appointment only. Massage fees are not included in your workshop fee and should be scheduled separately through the Miri Piri office. Please note that there will be very little time for massage - mostly in early morning (before 9:30am) or during the 2-hour lunch break. Please do not schedule massage during the class time. The work we do in the retreat is cumulative and thus no portions should be missed.

Smoking at Miri Piri is only allowed in designated locations. It is essential that one take care when smoking; just a spark can cause a blaze in the desert. Participants are not allowed to smoke inside the rooms or inside of the classroom or dining room.

Upon your check-in, the Miri Piri staff will give you their guidelines and orientation, which will also answer many questions about the property, its hiking trails, the horses, and other useful information.

The consumption of alcohol or "recreational drugs" during the workshop will not be allowed in any way. If you are under medication with a strict schedule or if you need special assistance of any kind, please tell us so we can serve you the best way possible. (You can provide this information on your Registration and Payment Form.)

To see photos of Miri Piri, go to www.miripiri.eu

WHAT TO BRING TO MIRI PIRI RETREAT?

Please check this list carefully so you can prepare your luggage. Most of the things we mention here are **essential**. Since we will be in a remote location without stores close by, make sure that you pack your essentials

1.- Personal Items: Tooth brush, toothpaste, hair dryer and your personal soap and shampoo. Personal medications. For women, don't forget feminine hygiene items.

2. We ask you to bring loose and comfortable clothes, cotton materials preferably. T-shirts, and sports clothing are ideal. Remember that we will be exercising everyday, so please bring enough change of clothes. Weather in September in this region of Italy is usually warm during the day (65s to 75s F) and a bit colder at night. For this reason and because we will have outdoors activities, bring with you clothes to keep you warm (like a jacket and/or sweater) and to protect you from the unlikely event of rain (like a poncho or windbreaker.) Also bring enough socks (cotton is perfect, since they are thick and thermal) and warm shoes. There is a washing machine on the property, but you won't have much time to do laundry!

3. Also bring footwear that would be easy to put on and take off for the workshop sessions, such as sandals or clogs. (We cannot enter the classroom with shoes). You can also bring tennis shoes or warm shoes in case the weather changes and for outdoors activities. Remember - there is cactus in the desert so you should have some sturdy shoes for outdoor activities

4. Alarm clock! The bell will ring for breakfast, but an alarm clock is always a good idea.**5. Miscellaneous Items** - slippers for the classroom, umbrella, flashlight, water bottle, meditation cushion, pillows, camera

Note: Video or audio recordings are not allowed in the classroom

WHAT TO BRING FOR THE CLASSROOM?

We will have full use of a large classroom of 130 sqm with parquet, partially carpeted for about 70 sqm that is clean and comfortable. Shoes will be left outside, so be prepared to go shoeless inside. Rest rooms are conveniently located inside the classroom building. The classroom is on the upper floor of the main structure. As some of the assigned rooms could be a bit of a walk from the classroom, so be sure to pack an umbrella in case it rains.

1.- In addition to the usual workshop items such as notebook, pen and clip board, please do not forget to bring your own geometry kit: **A compass, ruler, protractor, eraser and pencil.** You can also bring color pencils, crayons and/or pens. Also bring a **blindfold or dark cloth** that is long enough to cover your eyes (you will need it for some exercises).

2.- Miri Piri has enough chairs and cushions for all, but if you are driving, we recommend that you bring your favorite camp chair, meditation cushion or pillows, because we will spend lots of time on the floor and during the 7 days, you will want to be comfortable! We will also have a special altar in the classroom, so we ask you to bring **an object of high personal value** (quartz, jewelry, photographs, etc.) to put it there the whole week to be charged with positive energy.

3.- The classroom will be a very special place during the workshop and for this reason we ask you to consider it as a **sacred space** and respect it. It is prohibited to smoke or bring drinks and food in the classroom. If you wish to bring water, coffee or tea, please bring it in a closed container such as a plastic bottle. We also ask you to bring with you only those things that are essential for work. Miri Piri is a safe place, so you can leave your purse or wallet or any personal belonging of value in the your room.

4.- An open and willing heart, a wide smile and a cooperative, friendly and responsible attitude are totally essential!!

If we forgot something, please include it in your list! And, if you have any questions concerning the information we have provided, please don't hesitate to communicate with us.

We hope to hear from you soon and we trust your Higher Self will indicate the way to follow your path. In advance thank you for your effort and dedication to complete the requirements!

Flower of Life Research Staff