



FISU UK Spring Xpress Togathering 2019

JOINING INSTRUCTIONS

Beloved Meditator,

We are delighted to re-confirm your booking for our UK Spring Xpress Togathering. Our 'home' again for this Togathering is Muthu Belstead Brook Hotel. It is a pleasant 3 Star hotel in a spacious rural setting amongst gardens, woodland and a brook from where it takes its name. It is situated on the borders of Ipswich, Suffolk and just 6 minutes from the A14 and 2 miles from central Ipswich.

The hotel evolved from a 16th century Jacobean hunting lodge and is set in rural countryside where it provides a tranquil and distraction-free environment conducive for our Togatherings.

LESIURE - The hotel offers a spa and leisure club, with a large indoor pool, sauna, steam room and solarium, as well as a fully equipped gym.

LOCATION - As it is located close to Ipswich, it is easily accessible from most major roads. Please use your Sat Nav with their postcode (shown opposite) to arrive safely.

EXTRA NIGHT - The hotel can accommodate meditators that require an extra night bed and breakfast, at a reasonable rate of £75 for a twin room (£37.50 pp) or £65 for a single room.

Please find attached a Satsang Question Form. Please bring this Form (one question per form) with you completed. You are encouraged to ask as many questions as you would like, and additional forms will be available at the Togathering.

As it is an Xpress Togathering there are no progress forms due to the time restraints.

Should you have any further questions, please contact me at [jyotish@fisuu.org](mailto: jyotish@fisuu.org).

TOGATHERING BEGINS:

Friday, 1st March at 2 pm with Satsang followed by a group meditation and dinner at 7 pm followed by Satsang in:

Satsang Hall (Willow Suite)

You may check into your rooms anytime from 3 pm (Dinner is scheduled for 7 pm if you are arriving late).

The Togathering ends after lunch on Sunday, 3rd March 2019

Room check-out is at 11 am. You can leave your luggage's into the Satsang hall until the Togathering ends.

ITINERARY

On arrival, you will be given a complete itinerary of all the sessions over the weekend.

BEING ON MY OWN - WILL I FEEL LONELY?

Not a chance! FISU is like a large family and we guarantee by the end of the first day you will have made new friends and feel at home!

IMPORTANT NOTES

DRESS CODE: CASUAL DRESS EXCEPT FOR THE COMMUNION PRACTICE ON SATURDAY EVENING WHERE SMART CASUAL (WHITE TOP) IS REQUESTED & LOOSE CLOTHING IS RECOMMENDED FOR THE YOGA NIDRA PRACTICE.

**HAVE A DIETARY REQUIREMENT?
NEED A LIFT OR CAN OFFER ONE?
(Contribution to petrol costs appreciated)
SPEAK TO YOUR TEACHER OR CONTACT**

[Jyotish@fisuu.org](mailto: Jyotish@fisuu.org)

VENUE

**Muthu Belstead Brook Hotel
Belstead Road, Ipswich, Suffolk, IP2 9HB
Tel: 01473 957154**

SATNAV POSTCODE

IP2 9HB

INCIDENTALS PAYMENT METHODS: When you arrive at the hotel, they will want to take an imprint of a credit or debit card for incidentals.

You can charge drinks and other items to your account, and you must settle these before departure. It is also possible to pay for drinks and snacks at the bar by cash.

SPECIAL DIETS: If you require a special diet or require a vegetarian or vegan menu, please ensure you advise us asap (if you have not done so already).

THE PURSE: We have a Purse scheme to financially support Rajesh and Jasmini. FISU is growing and expanding, and our two leaders are constantly put under pressure to meet the needs of both our meditators and the extremely demanding developments of FISU internationally.

This is an old tradition whereby a chela supports the Guru's material needs, and in turn, the Guru supports the chela's spiritual needs. Therefore, the idea of the Purse is to support them financially enabling them to continue their efforts. We will request a purse donation during the Togathering.

A suggested amount is £30 per person, but of course you can give more or less as you wish as this is entirely voluntary.

Thank you for your support!

Love and Namaste, Jyotish

SATSANG QUESTION FORM



FISU MEDITATION

ONE QUESTION PER FORM

ASKED BY:

BELOVED GURUJI.....

FOR OFFICE USE ONLY BELOW:

DATE ASKED:

SATSANG NUMBER:

NOTES: