



FISU UK Togathering October 2021

Beloved Meditator,

We are delighted to re-confirm your booking for our UK Autumn 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.

LEISURE - The hotel offers a spa and leisure club, a large indoor pool, sauna, steam room and solarium, and 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.

SATSANG QUESTION FORM

I have 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.

Please complete your progress form before arrival, and these will be delivered to you after the Togathering.

Should you have any further questions, please get in touch with me at rebecca@fisug.org.

PLEASE SEE COVID DETAILS ON THE NEXT PAGE

JOINING INSTRUCTIONS

TOGATHERING BEGINS:

Wednesday, 27th October at 3 pm with Satsang followed by a group meditation at 4 pm 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 arrive late).

The Togathering ends after lunch on:

Sunday, 31st October 2021

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 that you will have made new friends and feel at home by the end of the first day!

IMPORTANT NOTES

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

BRING A BLANET OR BODY WARMERS AS WE MAY NEED TO VENTILATE THE SATSANG HALL.

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

Rebecca@fisug.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 in 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 support Rajesh and Jasmini financially. FISU is growing and expanding, and our two leaders are constantly put under pressure to meet the needs of both our meditators and the highly 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 so much for being so supportive!

Love and Namaste, Rebecca



FISU UK Togethering October 2021

COVID PROCEDURES

To ensure that everyone is kept safe during the Togethering, we will have a Lateral/Rapid Flow Testing schedule if infections remain high around this area of the UK or intermittently.

96% of Attendees are Double Vaccinated

(We respect that some cannot take and others wish not to vaccinate)

Group Chants seating will be deliberately spaced in the large room.

The Satsang Hall will be well ventilated (please bring a personal blanket in case of cool temperatures, or for those from abroad, discretely use a blanket from your room).

Face masks are optional - if you want or need to wear one, please do so. We will have a supply.

Hand sanitisers will be freely available and especially in the Satsang Hall

Everyone will take a Rapid/Flow test on arrival and on Friday and Sunday to ensure we keep everyone safe (Tests are provided free by FISU).

2 A&E Doctors are attending (All have worked with COVID and some directly on COVID wards)

Changes in UK Government rules may force us to wear masks or introduce other restrictions to adapt as necessary.

COVID TESTING

We will be testing you on arrival and then on Friday and Sunday for the minimum. It's essential to keep everyone safe. **Failure to comply with this may mean you being sent home without a refund.**

Assistance will be on hand for this with lateral/rapid tests provided by FISU by our Doctors.

PROGRESS FORMS

There will be **NO** paper progress forms at the Togethering. Unless you create online, there will not be a chance of having your progress evaluated. Furthermore, Progress Forms will be sent after the Togethering (This is since Rajesh must assist Jasmini with her disabilities, and there is probably not sufficient time to do them all during this short period). I appreciate your understanding.

EXTRA NIGHTS AT THE HOTEL

The hotel can accommodate meditators that require an extra night bed plus optional breakfast, at a reasonable rate of:

Double/twin (2 people) - £60.00 room only or £80.00 bed & breakfast
Single (sole occupancy) - £50.00 room only or £60.00 bed & breakfast.

You will pay these charges directly to the hotel and confirm if you require breakfast when checking in.

BRING WITH YOU

- Personal Blanket or Body Warmers (as Satsang Hall may need to be ventilated)
- Face Mask – If you plan to wear one, albeit we have supplies
- Loose clothing for Yoa Nidra
- A white shirt, top, t-shirts, or blouse for the Communion Practice
- Debit/Credit Card to pay for hotel incidentals (drinks, coffees from the bar etc)
- Cash if you are buying FISU Shop Items or making donations.

EXCURSION

If the weather is kind to us, during the Saturday free time in the afternoon, we can visit Flatford Mill – a place of natural beauty famed by the paintings of UK artist, John Constable.

This will be of particular interest to our meditators attending from abroad or anyone who has not been there before.

UK meditators with a car will be asked to ferry those without to the venue for this 2-hour excursion in one of the most beautiful natural locations in the area and renowned by artists globally.

The gentle English countryside will inspire you and there is also a gift and coffee shop.

Parking is £5 per car.