

# Dark Room Retreat

## FAQ

**We strongly recommend that you read about the Hridaya perspective on Dark Room retreats [here](#), as this will greatly help you understand the spiritual purpose and the deep impact that such retreats may have.**

### **Communication during the retreat:**

It will still be possible for you to give written notes to your host. These will be left inside the “food box” and your host will find them when they bring you your next meal. It is good however to refrain from writing many notes as this simple act may distract you from your retreat and from the process of interiorization. Therefore it is important that you use discernment and check in with yourself before writing a note to make sure it is a necessary note (or not!). Usually these will be for practical purposes (eg: needing more toilet paper, requesting to receive a bit less or a bit more food, deciding to skip a meal etc.)

It may be that you will need some guidance or support from your host during your retreat. If this arises, then you may write a note requesting a verbal exchange with your host. We will then be able to speak softly to each other through the door, and will answer any questions you have, or give you some advice, depending on the situation.

### **Darkness:**

The room is especially designed to be completely in darkness. There is only a “food box”, which connects your room to the outside, through which we give you meals, take your dirty dishes, and receive any notes from you. This box is well insulated and is a system that does not admit any light. Therefore, you will be immersed in total darkness.

The room however is not locked, and **you may at any time exit** if need be.

It is also equipped with a good ventilation system that frequently renews the air of the room.

### **The connection with Hridaya Yoga France:**

Dark Room retreats are a part of the offerings Hridaya Yoga gives to its students. The Hridaya Mexico features a Dark Room on its compound and all Hridaya teachers go through this experience as a pre-requisite to graduate. I, Bérengère, your host, am a Hridaya Teacher, closely connected with the Hridaya France center and ongoingly teaching there.

The Dark Rooms appear on the [Hridaya Yoga France website](#) (photos, rates, description etc.) You may read more about the Hridaya perspective on Dark Rooms [here](#).

### **The role of your hosts:**

I, Bérengère am a Hridaya Yoga and Meditation Teacher and I will be your main host, which means: I will welcome you, answer any prior questions you might have about Dark Room Retreats, give you a little orientation tour of the room and how everything works at the time of your check-in, prepare and bring you the meals you requested, take care of your notes,

and if need be, I will also offer you guidance and support during the retreat. I will also offer a post-retreat debriefing.

### **Preparing yourself for a Dark Room retreat:**

- **Step up your spiritual practice!** Increase the practice time you already have daily or implement one in the weeks before the retreat. We recommend that you meditate daily. You may also practice some yoga or any other spiritual practice of yours. Try to get into a rhythm with your practice.
- If possible, eat a **vegetarian diet** in the weeks before the retreat. Avoid alcohol, coffee and any other stimulant.
- Do not take any **hallucinogenic or conscious altering substances** in the weeks/months before the retreat.
- You can already contemplate and **set an intention** for yourself before beginning the retreat

### **Recommendations for a first Dark Room experience:**

For first-timers, we recommend entering the dark for **2-5 days**. As we feel more and more comfortable with ourselves, we can gradually increase the length of the retreat.

### **Doing a Personal Retreat (not in the dark):**

The rooms are equipped with a little kitchenette, for those who wish to do a Personal Retreat (not in the dark) and can be booked for this purpose as well. You may design such a retreat as you wish, whether you want to go out for walks, or remain indoors, whether you wish to cook for yourself or have your meals catered for you.

The nightly rate and meal plan rates remain the same.

**The time spent in the room as a Personal Retreat is in mauna (silence), dedicated for practice, solitude, and contemplation.**

### **Arriving a few days early or remaining a few days after the retreat to adjust:**

You may always arrive a few days earlier or remain in the room after a Dark Room retreat for a few days to readjust if you wish. This will be considered some time for a "Personal Retreat" (see above).

## **PRACTICALITIES:**

### **What to bring:**

- light, comfortable clothes to practice in
- personal toiletries
- yoga mat & meditation cushion (we provide this, but you may like to bring your own)
- water bottle
  
- **We provide:** fresh linens, towel, and a yoga mat and meditation cushion

### **Getting to us:**

**Our address is:** 9 Montée de l'Harmonie in Saint Just d'Avray, a 7min drive away from the Hridaya Yoga France school.

- **Driving:**

Just look us up in [Google maps](#)! You can park your car up on the church plaza, which is just up from our street and a 1min walk away.

- **From the Lyon-Saint-Exupéry Airport:**

Take the [Express](#) train to Lyon Part Dieu train station. Follow the guidelines below for arriving to us by train.

- **From Lyon train stations:**

Lyon has two main train stations: Lyon Perrache or Lyon Part Dieu. Both have trains going our direction.

From either of these stations, book a train ticket to “Chambost-Allières”. We recommend you book tickets in advance at [trainline.com](#) or [oui.sncf](#) .

**“Taxi” service:**

We are also happy to provide a “taxi” service and to pick you up either at the Lyon airport or at one of the train stations for a flat fee of **90 euros**. **Please contact us early enough if you would wish to do that.**

**Refund policy:**

Cancellation up to 60 days before check-in: the booking is fully refundable

Cancellation up to 30 days before check-in: 50% of the booking will be refunded

Cancellation less than 30 days before check-in: no more refunds are possible

**Check-in times:**

Check-in: possible from 3pm - 9pm

Check-out : until 11am